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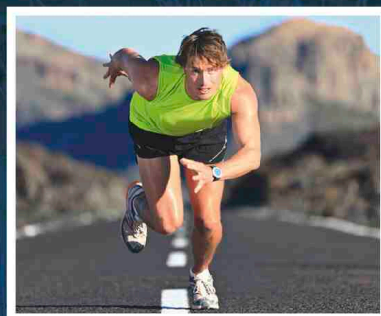


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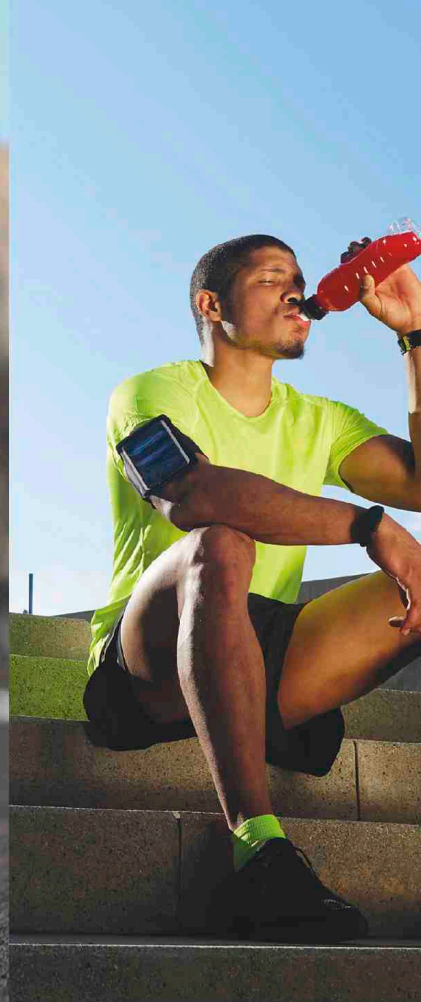
RUN NATURAL *TUESDAY*

IN THE 33-DFA





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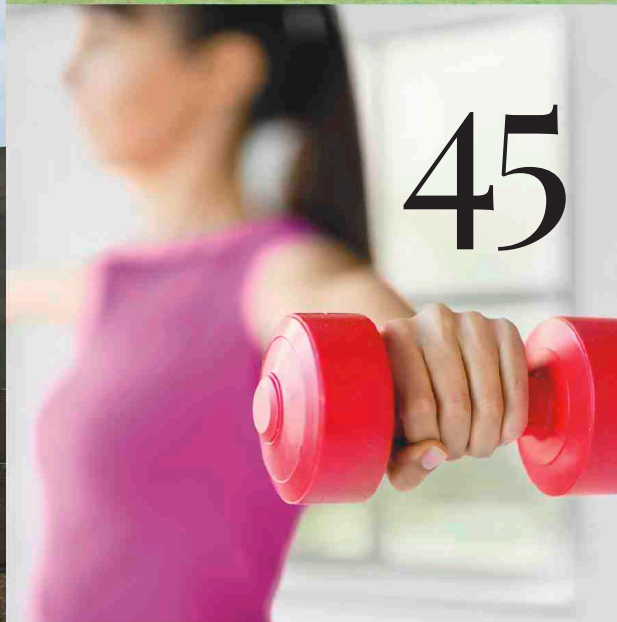
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THIS MONTH'S CONTRIBUTORS



Sarah Russell: Getting the right hydration can be confusing. Are you drinking too much, or too little water? And how would you know? Help is at hand, with our guide to staying hydrated.
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Sarah Ivory: Are you getting the most from your training? Do you feel that you're just plodding along and not improving? Sarah explains the benefits of adding some speedwork to your runs.
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James Wild: A consultant within performance sport, James explains why strength training is a vital part of running, and how it can have a huge impact on your performance.
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Welcome

Whether you are a novice runner, or an experienced ultra marathoner, I bet you've heard of parkrun. Am I right? Up and down the country there are free, timed 5k runs popping up and bringing together the community every Saturday for a healthy and fun activity. Have you experienced it for yourself yet?

I hadn't, until recently. I knew there was a parkrun only seven miles away in the pretty park called Ferry Meadows, and I knew it was popular. But something stopped me from joining in. Fear? Embarrassment? Laziness? For months I wondered about it, until finally I found the group on Facebook and joined. It was then that I realised that my running community wasn't judgemental, unapproachable, or scary. They were friendly, welcoming and engaging. So I signed up, printed my barcode (spotted the top tips to laminate it) and found myself at the welcoming point one wet Saturday morning. It was a revelation (as I knew it would be).

For anyone else yet to discover the joy of parkrun, in this month's magazine we have a great introduction article written by Debra Bourne. As she puts it: "parkrun makes people happy. So if you haven't tried a parkrun, what are you waiting for?"

And for those of you in the throws of marathon training, help is at hand. Sarah's guide, starting on page 33, has some great tips and final preparation advice.

There's advice on when you shouldn't run with a cold on page 23; we explain about the benefits of B12 on page 38; and our resident GP has some top tips for those suffering with heartburn on page 42.

Do you think you're tough enough to take on a 100k run? This month we review Race to the Stones, which takes place in Oxfordshire. Runners have the option to complete the 100k all in one go (racing through the night), or breaking it into two days by camping over. This exceptional event takes place in July, and to get your hands on a free entry, all you have to do is turn to page 88.

I'd love to hear from you to discover your perfect run, your views on the magazine, and any questions you might have for our team of experts. Get in touch by email rf.ed@kelsey.co.uk or on Twitter and Facebook.

Natasha

NATASHA SHIELS, EDITOR

P31 ASK THE EXPERTS *our team tackle all your running-related questions*



SNAPPED

• Photo of the month - courtesy of Race to the Stones

This stunning image shows runners carving their way through a field of rape. The third annual Race to the Stones will be held on Saturday 11th and Sunday 12th July, and takes runners on a 100k route along the oldest path in the UK.

To find out more, including how you can win a free entry, turn to page 88.





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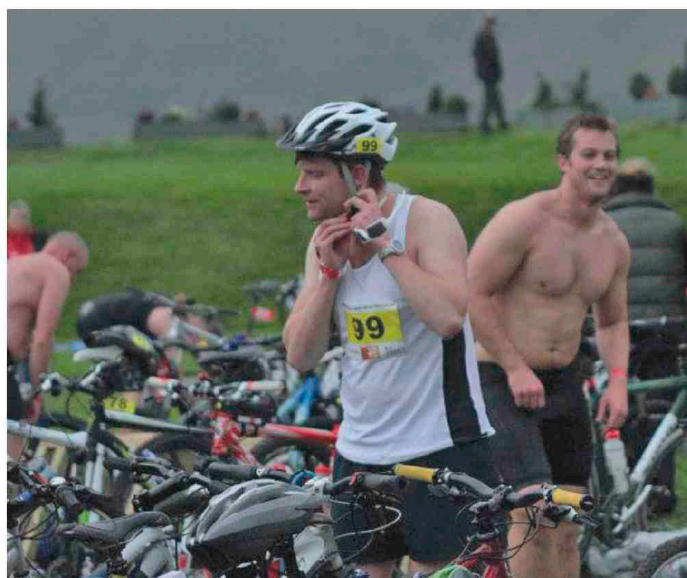
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The importance of heart health

LETTER
OF THE
MONTH



A few months ago I was ecstatic to receive 'the email' confirming my charity marathon place for the Virgin London Marathon 2014. I immediately told my family and, as such, my sister suggested that I ask my GP for a heart check as I have never run a marathon before. I really didn't feel that I needed one as I am healthy, a regular runner with a balanced diet.

I had bought a copy of *Running fitness* (Special 2014) the same week and I was immediately drawn to your article on heart health. Parts of the article resonated with me and I felt that the sensible thing to do was to book an appointment for a check-up. It came as quite a shock to me that my ECG showed I had already experienced a cardiac event. I was immediately referred to a specialist. I have since been diagnosed with a genetic heart condition for which I am receiving medication and check-ups.

I have now sadly had to withdraw from the marathon as it is not ideal for me to run long distances. But, I can run and will continue to do short distances because it's good for heart health, I love it and I am lucky enough to be able to. I felt I needed to write this letter to highlight that no matter how fit we think we are some things are out of our hands. So, if there is any doubt over your health when embarking on a new running challenge, the sensible thing to do is get a check-up. Inadvertently getting my marathon place, reading your article and taking my sister's advice has probably saved my life.

Pippa Essex (via email)

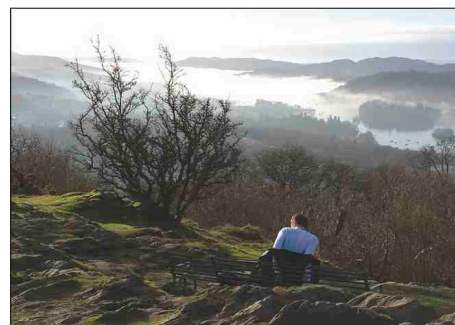
The letter of the month

wins a High5 Marathon Race Pack, including nutrition guide, gels, bars and a run bottle.

www.highfive.co.uk



SEND YOUR THOUGHTS ON ALL THINGS RUNNING TO: Natasha Shiels, editor, *Running fitness* magazine, Kelsey Media, Cudham Tithe Barn, Berrys Hill, Cudham, Kent TN16 3AG or contact by email on: rf.ed@kelsey.co.uk



A scenic run

I enjoy *Running fitness* and love reading about different people's experiences and achievements, and find these a great motivational tool.

I've been running outside in-between sessions in the gym since February. After completing my first 10k with a group of friends in June, it reminded me how much I enjoyed running whilst at school.

Although I do enjoy going out with my running apps, today I went out with just my phone (without any apps) and made my run all about enjoying it, stopping quite a few times to take photos on this cold, crisp and sunny morning with stunning views.

I thought I would share this image; the view is of Lake Windermere.

Helen (via email)

Hallux Rigidus featured!

Finally! After dipping in and out of running magazines for many years, I've finally found mention of Hallux Rigidus ('Ask the injury expert', December 2014 Rf).

My right big toe joint gradually and painfully 'seized' over several years of fairly modest running. I had a private consultation with a foot and ankle specialist, who told me I had three choices: do nothing, as per the podiatrist; have the joint fused and immobilised by surgery; or have the 'spur' of bone the joint had developed to protect itself ground off - a cheilectomy. I opted for the latter, an operation similar to bunion removal. I was walking straight away in a support boot and started running after a few weeks.

As the condition is a form of osteoarthritis, it may well deteriorate again, but nearly three years later I still have good flex in the joint and only occasional pain.

Given the repetitive flexing of the toe joint during running, I am surprised this is not a more regularly encountered problem.

P.S. Inspired by a previous article about Nordic Walking, I have since taken this up as cross-training.

Ann Quinton (via email)

News bites



Policy pleads children are sweet enough!

A new policy on limiting sugary drinks has been issued by The British Dietetic Association (BDA). The BDA states that in particular, children aged four to 18 years are consuming too much added sugar. The BDA calls for a range of policies to reduce the frequency and amount of sugary drinks consumed; the principle of a tax on sugary drinks; and school-based education programmes which may offer health professionals an opportunity to implement sustainable interventions which are effective in children.



A LACK OF EXERCISE CAUSES MORE DEATHS

A brisk 20-minute walk each day could potentially help lower your chances of early death, according to new research published in the *American Journal of Clinical Nutrition*. The study found that twice as many deaths may be attributable to a lack of physical activity, compared with the number of deaths attributable to obesity, and that just a modest increase in physical activity could have significant health benefits.

The authors estimate that doing exercise equivalent to just a 20-minute brisk walk each day, burning between 90 and 110 calories, would reduce their risk of premature death by between 16-30 per cent



FISH OIL AND MEMORY

Researchers have found that healthy people with mild episodic memory deficits had improved recall after six months of omega-3 supplementation. In a new review of existing studies by researchers in North America, published in the *Journal of Prostaglandins Leukotrienes and Essential Fatty Acids* it was reported that several studies cite the omega-3 fatty acid DHA as most beneficial for people with existing memory problems, particularly when coping with physical or mental stress. Experts believe supplements rich in DHA from fish oils, or other marine sources, might help prevent mental decline as it is found in reduced amounts in people with Alzheimer's disease.

Try a tri training camp - OFFER!

Leading triathlon coaching company thetrillife.com are offering *Rf* readers £50 off the price of their spring training camp in Andalucia, 2-9 March 2015. Based at the luxury resort of Desert Springs, the camp will develop your skills and endurance, and will be the perfect preparation for a great season.

Visit www.thetrillife.com, and use code RFSPAIN15 to claim.



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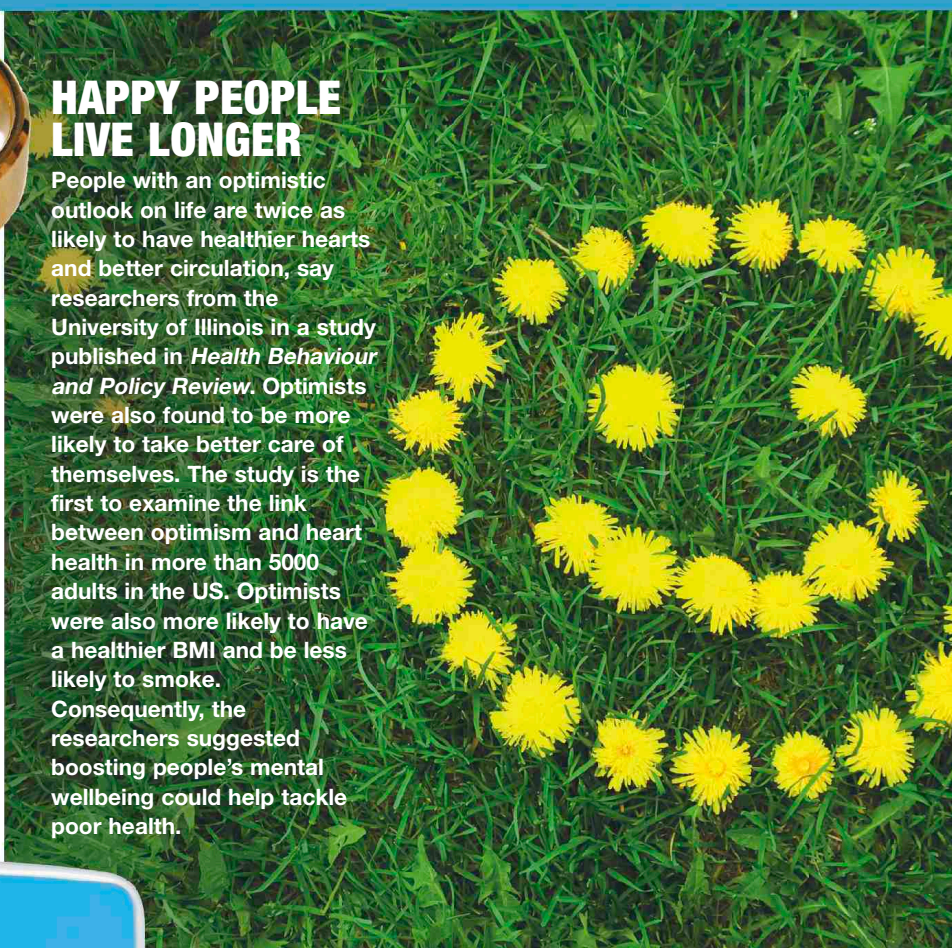
ONE IN A MILLION CHANCE...

Italy's Maurizio Martinoli was pretty sure his wedding ring had gone for good after losing it during the NY marathon. After all, he was one of 50,564 people to finish the race, passing an estimated crowd of more than one million people! But he posted on the NY marathon Facebook page just in case. Incredibly, Ornella Alexander of Brooklyn, a volunteer whose job was to pick up discarded blankets, found it on the ground past the finish-line and turned it in. The motto? Get out there and volunteer!

HAPPY PEOPLE LIVE LONGER

People with an optimistic outlook on life are twice as likely to have healthier hearts and better circulation, say researchers from the University of Illinois in a study published in *Health Behaviour and Policy Review*. Optimists were also found to be more likely to take better care of themselves. The study is the first to examine the link between optimism and heart health in more than 5000 adults in the US. Optimists were also more likely to have a healthier BMI and be less likely to smoke.

Consequently, the researchers suggested boosting people's mental wellbeing could help tackle poor health.



DID YOU KNOW? Being a healthy weight is one of the most important ways of reducing your cancer risk. It can also help to reduce your risk of heart disease and Type 2 diabetes. Use the World Cancer Research Fund's BMI calendar to find out if you are a healthy weight for your height. Visit: www.wcrf-uk.org/uk/here-help/health-tools/bmi-calculator



SARAH RUSSELL

Sarah has over 20 years experience in the fitness industry as a running coach, trainer, freelance writer and athlete. She also has a Masters degree in Sport Science and is a qualified England Athletics running coach. www.sarah-russell.co.uk

» This month's rundown

Running can be like an endless jigsaw puzzle, as Sarah finds out, and you will need **DIFFERENT PIECES** at different times. Learn to adapt and you'll be fine

I often describe running as being like an endless jigsaw puzzle. There are many different pieces that you need to fit together to be successful, and those pieces will be different depending on where you are in your running journey, but also what might be going on in your life. There is NEVER a set recipe for anyone and we're always still learning, and needing different pieces.

I was reminded of this recently with a marathon client who is training for Paris. Last year she sailed through her training without any problems; this year, she has a new job, more life 'stuff' going on and more niggles. She's not running as much as she'd like and her confidence has taken a knock. I have no doubt she'll get there and will run a great marathon, but this time the journey is entirely different

and her jigsaw pieces aren't the same. She's needing more sports massage, more focus on 'corrective exercises', and time management is becoming more important. Her needs and goals have changed, and it's a smart runner who can adapt quickly to that, accept it and put in place what needs to be done.

Too many runners make the mistake of just running, when they should be paying as much attention to nutrition, hydration, core exercises, massage and foam rolling. It's not always easy, but no-one ever said it would be. And I guess that's why the sense of achievement is so great, because sometimes the effort involved in getting there is immense. So, regardless of whether you're new to running, or have been running for years, give a little more thought to your own

personal jigsaw puzzle and the pieces YOU need. My 'running recipe' is low intensity easy running, long mileage, hydration, waffles (see right), foam rolling, k-tape, compression socks and sleep! What's yours?

Everyone is busy and it can be hard to find the time to run. But make your running important and make it work for you. You're the only one who can!



WHAT'S ON IN APRIL

It's marathon madness in April! London, Paris and Brighton all take centre stage, but there's still loads going on

London 10k Regents Park
Easter Monday 6 April 2015
10k, two-mile Easter Egg Run and Kids Race.

www.nice-work.org.uk

The Wolf Run
11-12 April 2015
Fancy something different? This 10k off-road run, in Warwickshire, features a series of obstacles both man-made and natural, plus a unique mix of wild running and trail running.

www.thewolf.run

Brighton Marathon 10k
12 April 2015
The Brighton Marathon 10k is the

'curtain raiser' for the Brighton Marathon on Sunday 12 April. Starting at 8.30am, ahead of the Brighton Marathon at 9.15am, it's flat along the seafront and you can enjoy entertainment, crowd support and a buzzing atmosphere as part of the Brighton Marathon weekend. Perfect if you're down there to support a friend or family member doing the marathon. Entry is £30.

www.bm10km.com

London Marathon Expo
22 April to 25 April 2015
The London Marathon Expo at the Excel Centre in London is not to be missed. Even if you're not running the marathon, it's free to enter and is the ultimate running show in the

UK. It opens on Wednesday 22 April and runs through until Saturday 25. *Rf* will have a stand too, so make sure you pop by and say hello!

virginmoneylondonmarathon.com





Find your own
unique recipe to
happy running

"If it's important, you'll find a way; if it's not, you'll find an excuse" – Frank Banks

What's your running motto? Tweet us @runfitmag or @runfitsarah



SARAH'S TOP TIP

I was given a waffle maker for Christmas and it's now my favourite appliance! After more than 20 years, I've discovered my new best pre-run breakfast is a homemade waffle with Nutella and sliced banana. It's filling, provides slow energy release, and you can vary the recipe of the waffle mixture. You can even make a batch of waffles and freeze them!

Try the Cuisinart Waffle maker, £54.99 available at www.lakeland.co.uk

RUNDOWN

MY HOT PRODUCTS



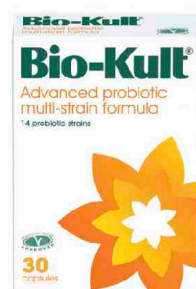
● Activbod, various

This gorgeous new range of skin and body care products from activbod is perfect for sweaty and tired runners! Launching in Boots in January 2015, it includes a range of pre and post exercise products: Feel Great Shower Concentrate (£5), Game Changer Face Scrub (£7), Pick Me Up Scrub (£8), Cooling Finishing Lotion (£12), and Turn Up the Heat Roller Gel (£12).

They come in convenient lightweight tubes ideal for your kit bag, and include ingredients such as sea minerals, green tea extract and vitamin E. Perfect for both men and women, they all smell lovely. We especially like the invigorating shower gel! Even better is that 10 per cent of profits goes to the charity, Women's Sports Trust. Available from Boots Stores or www.activbod.co.uk

● Bio-Kult Probiotic Formula, £8.99 (30 capsules)

In the winter months our mood and energy levels can often dip, along with our immune function. Runners in particular need to be mindful of diet and nutrition to support immunity and performance. Taking Bio-Kult daily could help you to maintain the optimum levels of beneficial bacteria to support winter immunity and help vitamin B production, which is necessary for energy production. Recent research has also shown that probiotics may also help boost levels of vitamin D. www.Bio-Kult.com



REFLEXOLOGY FOR RUNNERS

Reflexology aims to reduce the effects of stress and tension on the body, thereby **AIDING RECOVERY** and muscle repair and helping to moderate fatigue and soreness

INSIGHT

Reflexology traces its roots back to ancient Egypt, but was only introduced in the West in the early 20th century. Reflexology is a non-intrusive complementary health therapy, based on the theory that different points on the feet, lower leg, hands, face or ears correspond with different areas of the body. A modern day reflexologist applies pressure to these points to identify areas of the body that aren't working properly and to stimulate the nerve endings that correspond to their proper function.

We asked Tracey Smith, FMAR BSc Hons, reflexology and research manager at the Association of Reflexologists (www.aor.org.uk), to explain how this holistic therapy can benefit runners.

HOW DOES REFLEXOLOGY WORK?

Reflexology is thought to work through connections from the extremities, mainly feet but also hands, ears and face which somehow affect the organs. [...] Research studies carried out in a university in Japan showed that when the reflexology point for the eye was stimulated, an increased blood flow was seen in the area of the brain where it would be expected if the eye area itself was being touched. This was repeated

with other reflexology points, indicating a connection of some sort between the specific reflexology point and a specific part of the brain. There have also been a couple of small studies indicating that reflexology has an effect at the organ levels; studies on the heart, kidney and artery to the intestine have shown increased blood flow when the reflexology points have been stimulated.

Reflexology aims to reduce the effects of stress and tension on the body. Life stress has been shown to be inhibitory to muscle repair, so reducing stress can aid recovery and moderate energy, fatigue and soreness. One of the main results after a reflexology treatment is a deep feeling of relaxation and release of tension and stress. It also may help with sleep patterns which are sometimes disrupted during heavy training periods. This means the body can function more effectively, as a tense body is not an efficient one.

Reflexology provides very similar responses to massage therapy; the difference being that therapy is applied at a point distant to any injury or soreness. Clients have remarked that after a reflexology treatment, they have felt like they have had a good session at a gym or had a really deep tissue massage yet the only part of their body that has been worked is their feet.

Ultimately, the best way to find out what effect reflexology may have on you is to try it.

the fingers to the end of the knuckle joints would correspond to the lymphatic system. However, treating a single reflex is nowhere near as effective as treating all the systems together, especially as reflexology is a holistic treatment taking all aspects of the person into account. An hour-long professional treatment will of course be more effective than a self-delivered one just because of increased levels of knowledge and experience.

WHAT EVIDENCE DO YOU HAVE THAT REFLEXOLOGY CAN HAVE A POSITIVE EFFECT ON SOMEONE'S RUNNING PERFORMANCE?

What can be said is that real runners and athletes have found that their abilities have changed whilst using reflexology. The Greek men's handball team Diomedes Argos, noticed a significant and measurable decline in overall medical expenses during the two periods they had integrated a Reflexologist in their medical team. During these two periods they won both the European Challenge Cup and two Greek championships.

Also a few other very enlightened professional sports teams have a reflexologist involved in team care and have found it to be beneficial in terms of efficiency and injury recovery.

A client who runs for an amateur club and is receiving reflexology for other issues, said she had had a 'personal best (PB) time post injury' after her second reflexology treatment. Her injury had occurred some five years before and was foot pain caused by neural tension from back surgery. She had struggled to return to her former levels of fitness prior to receiving reflexology.

WHAT IF YOU HAVE TICKLISH FEET OR YOUR SOLES ARE VERY HARD – WILL THIS PROHIBIT YOU FROM GAINING THE FULL BENEFITS OF

FIVE KEY BENEFITS OF REFLEXOLOGY:

- 1 Release of tension and stress
- 2 Aids muscle repair
- 3 Increases blood flow
- 4 Deep feeling of relaxation
- 5 Improves sleep patterns.

IS IT POSSIBLE FOR SOMEONE TO PRACTISE REFLEXOLOGY ON THEMSELVES? ARE THERE ANY 'DIY' HELP POINTS THAT WE CAN DO, OR SHOULD YOU USE A PROFESSIONAL?

It's not easy to self-treat the feet with reflexology unless you have high levels of flexibility, although hand reflexology is a possible option. The same reflexology points are available on the hands and feet and so for example the webbing on

The upper body lymphatics are represented on the webbing on the top of the foot, and can be worked on by rubbing upwards away from the toes towards the heart

“A client recorded a post-injury PB after her second reflexology treatment”

REFLEXOLOGY?

When applied correctly, reflexology is not at all ticklish, it feels quite different and so ticklish feet should not be a barrier to enjoying the benefits of reflexology. Areas of hard skin on the feet may well be an indication of some reflex point imbalances so can be of great interest to reflexologists. Thicker skin over the whole of the foot again is not a barrier to enjoyment or effect but it may be that a reflexologist with a firmer touch (rather than a lighter touch) will be required, exactly in the same way that some individuals need firmer massage.

IS THERE AN OPTIMAL TIME FOR RUNNERS TO UNDERGO REFLEXOLOGY?

When looking at post-race recovery the optimal days for having a treatment would be on a rest day and in the first four days after the race, as can be seen from the research, stress impairs healing in the first 96 hours after damage and so reducing stress will allow for optimum repair. ●



THE EXPERTS

The Association of Reflexologists has a 'find a reflexologist' service, where you can enter your postcode and find a well-trained and insured reflexologist in your area.

www.aor.org.uk

MUSIC

YOU ARE THE DJ

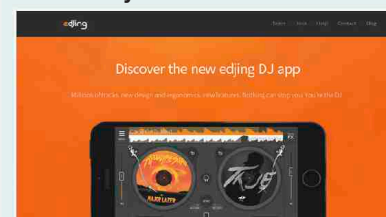
Hone your DJ skills to build a collection of running mixtapes

You too can possess the skills of master (or distinctly average) DJs, by using nothing but a smartphone and your digital music collection. Mix tracks, add effects, use the cross-fader, do whatever you have to do to get your mix right. Then record it and add it to your set of running playlists.

edjing

www.edjing.com

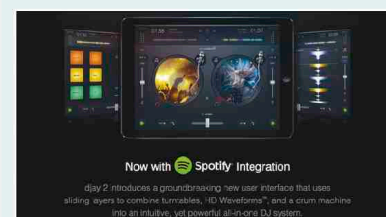
With the ability to access tracks from iTunes, SoundCloud and Deezer, record a mix and then share it with your friends, edjing is truly a social DJ-ing app. There are also effects to play around with and you can customise your turntables.



djay 2

www.algoriddim.com

djay 2 Spotify's integration means you have millions of songs to fill your mixtapes. The app helps you to synch the beats and there's a built in sampler, to add your own touch.



Traktor DJ

www.native-instruments.com

Traktor DJ is the pro's choice. It successfully translates the DJ experience onto the small screen. It has built-in effects, an intelligent browser and in-app tips.



INSPIRING RUNNER

Last year **JOSIE BENSON** was the first woman to finish the gruelling Jungle Marathon in the Amazon, running 275k in six days whilst carrying her own kit

Josie's journey to becoming queen of the jungle began two years ago, when she watched videos of previous Jungle Marathon clips: "My eyes welled up and I got this deep desire to be a part of it," she remembers. "But I didn't have the courage back! I thought it was just for fit elite runners.

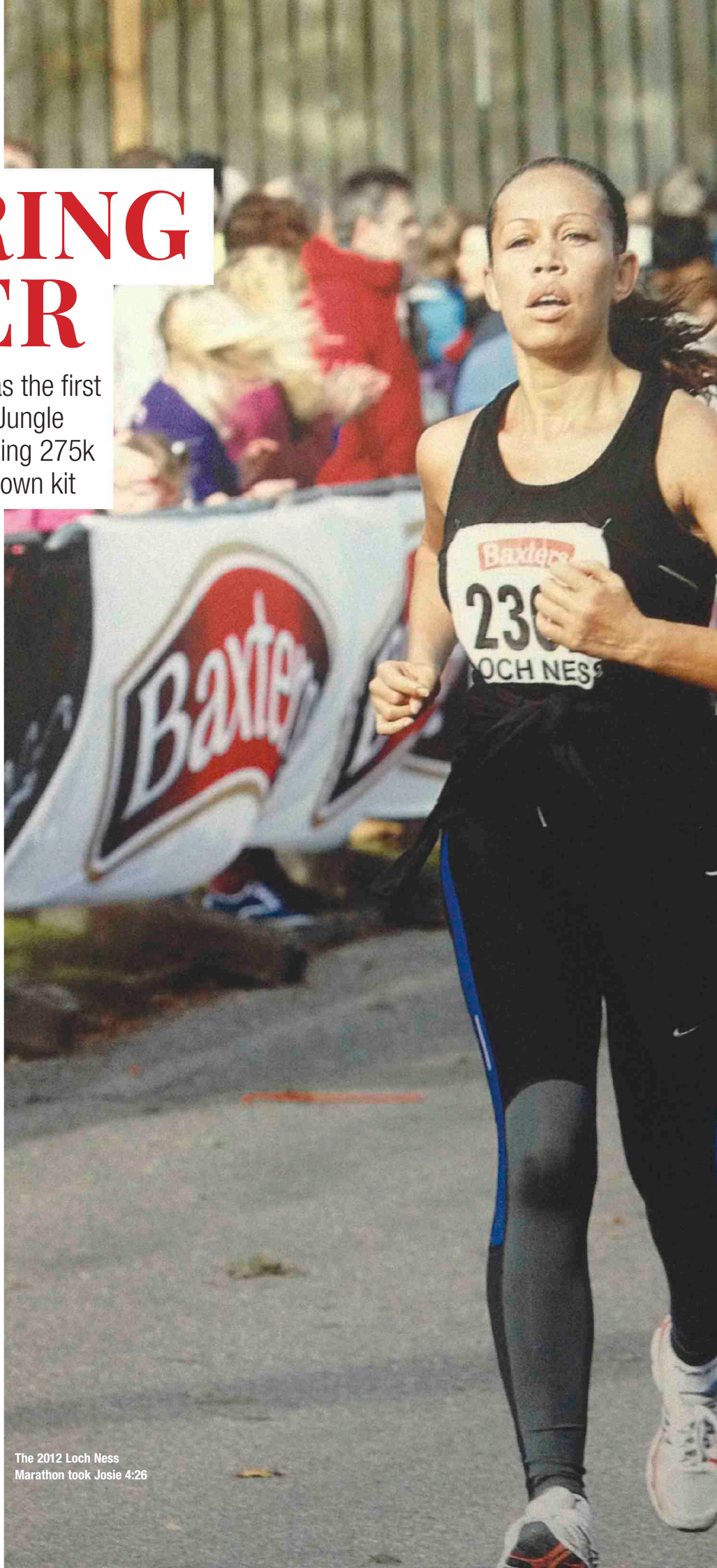
"I spent just under a year training for the event. I'd try to do a fully registered marathon every month and treat those as my long runs. Just before I left for Brazil, I spent a week on the Sussex Coast; I'd get up at six every morning, run into the sea with full kit on, then run wet for two hours, pushing myself right out of my comfort zone. I also trained on the Bulford hills around the army barracks; the steep hills there were great practice! Mental training is also essential, so I practised meditating.

"There were so many challenges in the jungle, from using the hole in the ground in the middle of the night! To having to do a 200m river crossing with your heavy backpack and screaming out in pain as the salt water stings! Also, forcing yourself to stay calm in the dead of night when you find yourself running through the notorious 'Jaguar Alley' on your own. And the hills were tougher than I've ever experienced."

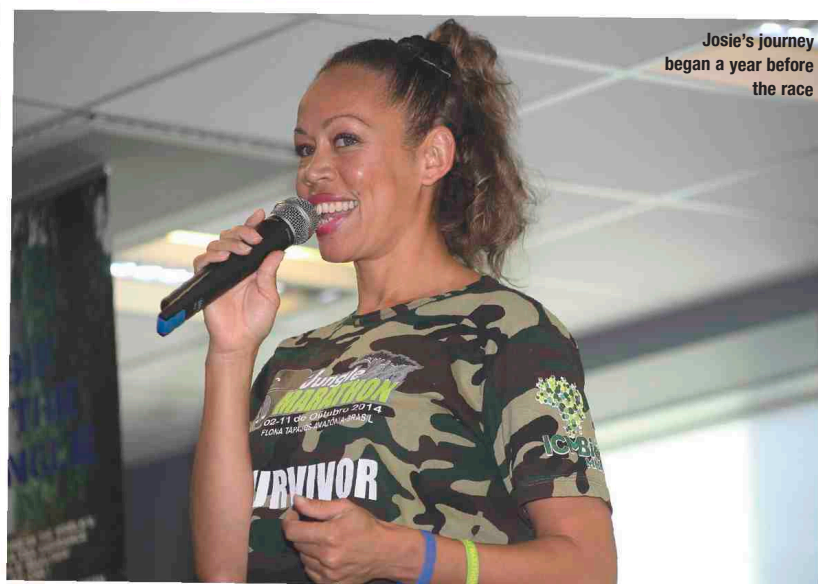
And the best part? "Running through the jungle on my own, listening to the amazing sounds, having butterflies suddenly appear in front of me, almost willing me to go on. And looking up into the trees, being amazed by their sheer magnitude and knowing that I was in an amazing part of the world."

Incredibly, during the whole 275k, Josie didn't suffer from injuries, not even blisters. "The medical team said they'd never seen such strong feet!" Josie puts this down to "part luck, part good foot care, and [the fact that] in the evenings I'd be in my hammock resting as much as possible.

"What kept me going was the hope that by running this I'd raise enough money for



The 2012 Loch Ness Marathon took Josie 4:26



Josie's journey began a year before the race

Devas youth club – we urgently need new sports equipment as ours is rusty and the young people at Devas love using the gym, it keeps them positive. Thoughts of my family and dog kept me going too, I'd envisage them standing at the top of the hills, telling me to keep pushing. When I train I see the barriers I face in life in front of me, and I envisage running through them."

Despite her evident determination, Josie is adamant that running should be "enjoyable". Her advice is to "Take it nice and easy at first. Invest in some good trainers. Above all, know that running is for everyone, whatever level you are!"

Surprisingly, now with 21 marathons to her name, Josie first started distance running relatively recently. "It was when I was performing in the West End, around three years ago, that I did my first marathon 'Brighton'. I felt so great a few days later that I was hooked! Before I started running marathons I used to drink and suffered from depression, that's all in the past now. Running changed my life for the better, after each race I'm shattered yes, but then I start to feel reborn!"

So what is her next challenge going to be? "I've got my eye on the Swiss Alpine marathon in July 2015!" ●

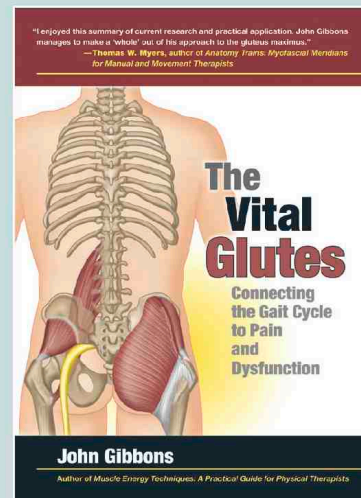
You can support Josie's fundraising efforts at: www.justgiving.com/josieinthejungle

Lean more about Josie via: www.josieinthejungle.com

DEVAS CLUB

The Devas Club is a registered charity which provides a youth centre for the purpose of engaging and educating young people aged 11-19. Based in Battersea, Devas has been offering opportunities and activities for young people from all over London since 1884.

www.devasclub.org



WHAT WE'RE READING...

THE VITAL GLUTES: Connecting the Gait Cycle to Pain and Dysfunction

by John Gibbons, Lotus Publishing, £16.99

Weakness, instability or 'misfiring' of the glutes is a common problem for runners, causing all sorts of issues such as runners knee, ITB problems, back pain and even ankle sprains. In fact the vast majority of injuries suffered by runners can be linked to problems with the glutes.

How many times have you been told by a physio or sports therapist that you have 'weak glutes' and need to strengthen them to prevent further injury? But it's not always easy to know how or which exercises to do. This new book from John Gibbons, provides a detailed analysis of the current thinking on 'glute instability', why it occurs, and what we can do to fix it. The anatomy and physiological concepts go into quite a bit of detail, so it's best suited to trainers, coaches, therapists or those with good anatomy knowledge. It does, however, include a brilliant section on some great glute stabilisation exercises for runners, which in fact makes up around a third of the whole book.

Even if the rest of the book blows off your brain, it's worth buying a copy just for this 'rehab' section. Get those glutes working!

Nutrition per serving

Energy (kcal) 642 **Protein (g)** 18

Carbohydrate (g) 108 **Fat (g)** 16

Of which sugars (g) 7 Of which
saturates (g) 5

Salt (g) 1 **Fibre (g)** 18



Ingredients

- 250g red Camargue rice
- 1 stock cube (chicken or vegetable)
- 2 courgettes
- 1 red pepper
- 1 yellow pepper
- 2 sweet potatoes
- A handful of small radishes, topped and tailed
- 1 onion, peeled
- 2 cloves garlic, peeled and roughly crushed
- 1 red chilli, deseed and chopped finely
- 4 tbsp olive oil
- 1 tsp cumin seeds, crushed with a pestle and mortar
- 1 tsp coriander seeds, crushed with a pestle and mortar
- ½ tsp hot smoked paprika
- Plenty of salt and freshly ground black pepper
- 1 x 400g can of chickpeas, drained
- 1 tbsp white balsamic vinegar
- Large handful of fresh flat-leaf parsley, chopped roughly
- Handful of pumpkin seeds
- 100g feta cheese, crumbled.



Food glorious food

RED RICE WITH ROASTED VEG & CHICKPEAS

Prep time - 10 minutes • Cook time - 40 minutes • Serves four

KATE PERCY

Athlete and cook, Kate Percy, is passionate about the link between good eating and better performance. Her bestselling books, *Go Faster Food* (£12.99), *Go Faster Food for Kids*, (£16.99), and *FuelSmart for Race Day* (£3.99) bring top sports nutrition advice to life with delicious recipes to help athletes fulfil their potential. They're available on amazon.co.uk, in bookstores, or get a signed copy from her website at www.gofasterfood.com

Red Camargue rice is definitely my amazing #gofaster grain for 2015! Readily-available in most supermarkets, with a rusty-brown colour, sweet, nutty flavour and soft texture, it contains a whopping 72 grams of slow-release, sustaining carbohydrate per 100 grams, plus seven grams of protein, plenty of fibre, and vitamins B1, B2, B3, calcium and iron, making it an ideal grain to fuel your training, especially if you're clocking up the LSR's for a spring marathon. It goes well with chicken and fish, but I think it really comes into its own combined with roasted vegetables. I've listed some here, but you could use butternut squash, beetroot, or quite frankly whatever is in the house. I add the chickpeas just to add extra nutritional clout, as well as a bit more bulk, to fill up ravenous runners!

Method

- 1 Preheat the oven to 180°C gas mark 6.
- 2 Cook the rice according to the instructions on the pack. Add the stock cube during cooking.
- 3 While the rice is cooking, chop up the vegetables into 2-3cm chunks and put them in a bowl with the olive oil, garlic, chilli, spices and plenty of salt and pepper so that the vegetables are coated

with the oil mix.

- 4 Lay the vegetables on a baking tray and roast in the oven for 40 minutes, until they caramelise. Add the chickpeas after 20 minutes.
- 5 When both the rice and the vegetables are ready, toss the two together on the baking tray with the balsamic vinegar, and serve on warmed plates with parsley, pumpkin seeds and crumbled feta.

FOR MORE RECIPES, SEE WWW.GOFASTERFOOD.COM

BEFORE EXERCISE.

DEEP HEAT IT.



Deep Heat Heat Rub is
a medicine. Read the label.

AFTER INJURY.

DEEP FREEZE IT.



Deep Freeze Cold Spray
is a medical device.

DEEP HEAT



DEEP FREEZE

Lessons from the team

In this series we aim to use our experience at *Rf* to make your running **EASIER**, **FASTER** and more **FUN**



THE POWER OF ACCEPTANCE

One of the most challenging things to deal with when you experience an injury, particularly one that is long term, is to maintain a positive attitude. Or at

least that's what I've found after nursing a pesky foot injury for several months. It grew increasingly difficult to keep optimistic. The more I said 'I can handle this, I'm fine', the more tense and unhappy I felt. Those close to you often pick up on this!

Then one day I sat down and had an honest think about my injury and about how I felt (I can't run right now; I feel frustrated and also worried I might not be able to run again). In other words, I accepted the situation as it was. It was okay to feel miserable! I felt instant relief and ironically, started to feel happier! Acceptance doesn't mean you like what's happening, only that you acknowledge the facts. When you are realistic (rather than fixed-face positive) and accept things, you'll stop suffering and start smiling. And I bet your injury starts to get better!

Evie Serventi, deputy editor



RUNNING FREE

OK, so I haven't taken up the free running movement yet, but I have discovered the joy of running without headphones. And it's not something I would have ever done a couple of years ago.

My running has taken a bit of a backseat for the time being, and while this is something I reluctantly have to accept, I'm not prepared to sit on the couch anytime soon. So I've swapped my hour-long runs for a yoga session, and my fast runs for a dip in the swimming pool. Granted it's not the same as running for miles on my feet, but my body is enjoying the change of workout.

But the real revelation in this new phase of my life is discovering what happens when I leave my headphones at home. It happened by accident; my iPod had run out of battery. Rather than despair, I left them on the kitchen table and ran without the usual fast-paced songs in my head. At first I felt painfully self aware, but after a few minutes I forgot what I didn't have, and instead enjoyed what I did; I was running (slowly), listening to the birds around me, and enjoying the views of the countryside. It was the best run I'd had in ages. And today I'm going to do exactly the same.

Natasha Shiels, editor

“At first I felt painfully self aware, but after a few minutes I forgot what I didn't have”



RUNNING SICK

It started the night of 22 December with me looking for a lozenge. I remember briefly cursing a spluttering runner who had come to see me with a running injury. By the next day I had the runny nose. On the evening of Christmas Eve, I

decided to go for an easy run, but it soon turned into a mid paced 10-miler as I weaved through people doing last minute Christmas shopping. It felt good, but a voice inside me wondered if I should have stuck with an easy five-miler.

Christmas day started with an unofficial parkrun, only 40 or so of us. I couldn't talk much as I had woken up not only congested, coughing and sneezing but was also pretty deaf in one ear. And yet for some reason I took it upon myself to run it at a more accelerated pace than planned.

Two weeks off running, a cancelled New Years Eve party, three visits to the GP, time off work and a course of antibiotics. That's what my failure to listen to my body earned me. Even now I am not back at full capacity. I will

“Two weeks off running [...] and a course of antibiotics. That's what my failure to listen to my body earned me”

never know for sure, but if I had just done an easy five-miler on Christmas Eve and a relaxed Christmas Day parkrun I could probably have avoided two weeks of head spins, fever, and irritating everyone around me.

Lesson learned.

Matt Phillips, injury specialist

Cold/flu – should I run?

Having a cold can cause havoc with your **TRAINING PLANS**, but do you know when it isn't safe to run with a virus?



Matt Phillips is a run conditioning coach and sports therapist with over 20 years experience working in the fitness industry. He is based at StrideUK, com in Brighton, Sussex. Follow Matt on Twitter: @sportinjurymatt

Every winter, a seemingly ever increasing amount of us get struck down with debilitating colds and flu. Sneezing, coughing, congestion, achy muscles... The question arises: should we still run? How much can we do without making ourselves even more ill? At what stage should we hang up our trainers?

CONGESTION

Generally speaking, a runny nose or slight cough does not have to be a reason not to run. You may even find that an easy run may help clear your congestion. The most important word here is 'easy' run. Runners are passionate creatures and take offence to anything that may threaten their training. Trying to fight a cold is not the answer. During illness, you will need to reduce the speed and intensity of your runs, and this is exactly why training plans need to be written in pencil. Trying to perform as if you were in top shape will just set you up for disappointment, and this will make you feel worse. Modify your training plan. Bear in mind that the congestion may last for up to two weeks, and is most contagious during the early stages.

THE FLU

Although a common cold is often referred to as the flu, they are very different. The flu (short for influenza) is not just a 'bad cold'. There are around 200 viruses that cause colds and just three that cause flu. Whereas the common cold causes congestion,

flu causes far more severe fever, fatigue and muscle aches. A severe cold can also cause these symptoms, so it is important to get checked by your GP. If you do have the flu (or indeed severe cold symptoms like fever or achy muscles) you should not run. It will delay your recovery and could even be dangerous. The last thing a fever needs is you heating your body up further by trying to force a run. Your body needs all the energy to help fight the virus, which is exactly why you feel the need to lie down and do nothing. Let recovery occur.

ANTIBIOTICS

If you develop a bacterial infection, your GP may prescribe you a course of antibiotics. Antibiotics kill bacteria including those that are naturally produced by your body as part of your immune system. Running, and indeed any form of strenuous exercise, also leaves the immune system vulnerable until recovery kicks in and we get stronger. Running whilst taking antibiotics is not a viable option.

HOW MUCH FITNESS WILL I LOSE?

One of the fears of adjusting our training or taking a forced break, is that all the hard work we have put in to develop our aerobic capacity (VO2 max) and increase strength, will start to disappear. It can be useful to bear in mind what the losses are to fitness when we take a break from running. Many of you may be surprised to see how little it actually is:

DAYS OFF	
7 days	Negligible reduction in VO2 max and muscle power
10-14 days	Six per cent reduction in VO2 max and minimal reductions in muscle power
14-30 days	12 per cent reduction in VO2 max and decrease in muscle power
30-63 days	19 per cent reduction in VO2 max and significant decrease in muscle power.

In order to recover from any illness, the last thing your body needs is stress, so put these figures in a safe place!

FINAL WORDS

Listening to your body and taking advice from health professionals can stop a cold or flu from becoming a major setback. Trying to fight a cold/flu by continuing your training plan can set you back into a month of disruption. Be patient. ●



Listen to your body and accept that at times, you will have to rest

StrideUK is one of the UK's leading running technique companies which takes pride in helping people reduce injury and improve running performance by using clinical video gait analysis to examine your running technique and provide simple, easy to follow training programmes to get you injury free. For more information please visit www.strideuk.com

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THE BRAND NEW NIKE LUNARTEMPO

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Engineered Flymesh upper for a lightweight seamless fit.



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NIKE WOMEN'S



LUNARTEMPO

QR: 92152

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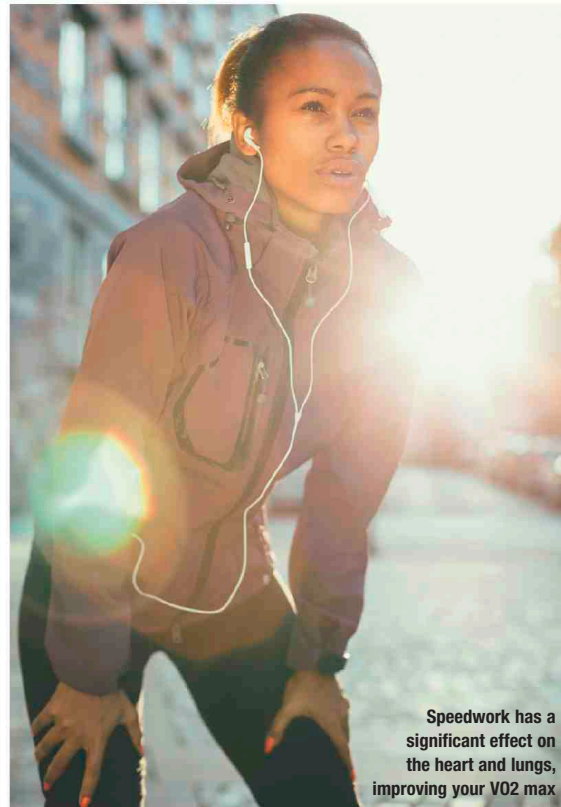
PRO PRICE

BEGINNERS • SPEEDWORK

A NEED FOR SPEED

Ready to go faster? **SPEEDWORK** **BENEFITS EVERYONE** from 5k to marathon runners. *Rf* reveals how to inject some extra pace into your training plan **WORDS** Sarah Ivory





Speedwork has a significant effect on the heart and lungs, improving your VO2 max

A confession: I ran my first marathon in 2006 when I was 20 years old and full of enough crazed enthusiasm to fuel a crowd of One Direction fans. With a beginner's knowledge of marathon running, I avidly followed the training guide that came free of charge with the London Marathon magazine – a manageable fusion of regular runs and progressive weekly mileage. Nothing too painful. And when race day came, I ran the 26.2 miles in moderate amounts of comfort and a respectable time. Feeling a little too fresh, it was clear that I could do better. The next time I ran a marathon was in 2009, and I ran it 50 minutes faster. The secret? One word – speedwork.

So here's the running 101 – if you plod everywhere at a moderate pace, you'll only ever run at a (surprise, surprise) moderate pace. If you're happy with that, turn the page now – it is, after all, an enjoyable way to train and, for the long-distance runner with oodles of time, high volume training can bring about a decent performance. But if you've got an ambition to improve without dedicating your life to running hordes of miles day-in, day-out, you need to start pushing through the lung-busting pain barrier and do some of your training at a faster pace. It's time for you to say 'hello' to speed training.

DO I HAVE TO RUN FASTER?

So you've seen runners sprinting around a

track or gasping for air while lying on the ground of your local parkrun and, quite frankly, running fast looks hellish. And yes, it is painful. But the gains of doing some running at a faster pace are H-U-G-E. I'm not talking about turning you into a short-distance athlete with 30m sprint training but, rather, developing your speed ability for a specific distance with bouts of faster running.

Whether you're targeting a half or full marathon, or have a 5k or 10k on the horizon, speed training works. As running coach, George Anderson at runningbygeorge.com, explains: "Speed training works the body in a different way (it forces your body to recruit fast-twitch muscle fibres that power speedy activity) compared to longer but slower running. So, for all-round running fitness, it's not an aspect any runner can afford to skip on." As an added bonus, running fast encourages a more economical running style, helping increase stride length and frequency – a sure-fire way to improve your performance over all distances.

But there's more to the benefits of speedwork than muscle power and technique gains – high-paced running has a significant effect on the heart and lungs, too, increasing oxygen consumption and improving your VO2 max (the maximum amount of oxygen used by working tissues, and a good indicator of your ability to sustain running performance). "Speed training not only increases the strength endurance capacity of your muscles, but also boosts your all-round aerobic capacity," explains Ben Staines, co-founder of Project Fit (project-fit.co.uk). "If you train your muscles to work at a faster pace than normal, they will be far more efficient at the lower speeds of a longer run, even when the distance is increased." Yes, you read that correctly – running faster for short periods of time will help you run well for longer periods of time, no extra miles required.

Science backs up this theory. One of the most popular areas of sports science research at the moment is HIT (High Intensity Training, or doing bouts of high-intensity – or, in running terms, fast-paced – efforts). Contrary to the long-held belief that endurance can only be gained by doing endurance-like activities, such as slow and long runs, pioneering HIT experts from McMaster University report that endurance can be achieved through a series of high-intensity efforts. In fact, one study in the *Journal of Applied Physiology* shows that six minutes of all-out exercise can be as effective at improving stamina as 300 minutes of steady-paced activity.

ESSENTIAL SPEED SESSIONS



Interval running includes walking/jogging to recover, before the next movement

INTERVAL RUNNING

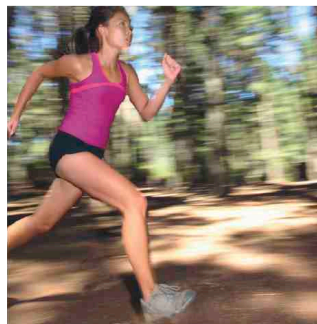
Running at near-maximal speed for short bursts of time (one-minute, two minutes, three minutes) or set distances (800m, one-mile, two miles) with a measured active (walking/jogging) or static (standing) recovery. Interval running develops the explosive energy systems required to boost your pace.

BEGINNER'S TIP

"Start with short interval periods and long rest periods, and then slowly increase the interval time and reduce the rest periods as you progress." – Ben Staines, project-fit.co.uk

TRY THIS!

Run 5-6 intervals of 1-2 minutes with a 60-second walking recovery in between each effort. Aim to complete the last interval at the same speed as the first. The pace should only be slightly faster than you would normally run.



Threshold runs are at a fast pace, which boost your lactate tolerance

THRESHOLD RUNS

Threshold runs are performed at a sustained but fast pace, slightly slower than race pace. This teaches you to run fast for a prolonged period of time, and boosts your lactate threshold. Levels of lactic acid (a by-product of exercise and marker of muscle fatigue) increase the further or faster you go, so it pays to have a higher lactic tolerance.

BEGINNER'S TIP

"The ideal tempo intensity would be an 8/10 effort, so start off conservatively. It's far better to go off a bit slowly and be able to finish fast!" – George Anderson, runningbygeorge.com

TRY THIS!

Threshold+ workouts are great for building speed for a half marathon. Perform shorter tempo running blocks of 4-8 minutes at an intensity that puts you at the top end of the threshold zone (8/10).



Don't have hills around? Jump on a treadmill and manually set the gradient

HILL REPS

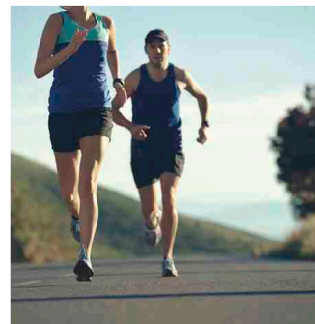
Hill repetition work is the name given to running up and down an incline repeatedly. It is a great way to boost leg strength and improve your aerobic capacity. As an added bonus, swift downhill running will also teach your musculoskeletal system to run faster.

BEGINNER'S TIP

"Although hill sprints are great for all levels of running, it is best to wait until you have a solid six to eight weeks of running in the bag before attempting these sessions." – Shona Thomson, marathon expert at slowtwitch.co.uk

TRY THIS!

Find a hill that is about 100m long. The gradient (about 10-15 per cent) should test you but you should be able to keep form throughout. Use a treadmill if your area is flat. Run up the hill four times and jog back down to recover. Add an extra rep each week.



Fartlek sessions can be a fun and creative way of mixing up speeds

FARTLEK SESSIONS

Fartlek running involves mixing speeds and intensities in a random format. Simply let your own route dictate your run – work hard up a hill, increase the pace along a good stretch of road or sprint from lamp-post to bus stop. Changing the route will keep it fun too.

BEGINNER'S TIP

"Mix up the intensity levels – easy, medium and hard. Change the pace a least 10 times during a fartlek session." – Ben Staines, project-fit.co.uk

TRY THIS!

Try George Anderson's (runningbygeorge.com) 'Through The Gears' session, in which you set yourself four gears – very slow, jogging comfortably, threshold pace and fast pace. Then run at each gear for 30 seconds, aiming for four or five times a set.

YOUR ACTION PLAN

To avoid injury, maintain interest and run your best on race day, you must make your transition to speedwork gradual and controlled.

Smart runners follow a periodised training plan – an organised running schedule that progressively overloads the body in set periods. The plan needn't be rocket science, but it should ensure that you don't

try to run further, faster and more frequently all at once. That's just silly.

If you're new to running faster, a pyramid training schedule – one that works towards a single goal, such as being in peak fitness on race day – is a great starting point. A typical pyramid plan consists of several phases, and each phase provides the foundation fitness required for the next



stage. Here's how to get started.

PHASE 1: BUILD A BASE (6-8 weeks)

During the first phase, you must build your all-round capacity for running by developing your endurance and aerobic strength.

Aim to run regularly at a comfortable pace (around 70-80 per cent of Maximum Heart Rate or MHR). Perform a long run – a run that is longer than you are used to, which may be two or 12 miles – every one to two weeks. Race but at



Get the balance right; too much too quickly and you could end up injured

AM I READY TO SPEED UP?

A word of warning – it's not all about becoming a speed demon. Even if you want to get a race PB at the weekend, hitting the roads full-whack isn't the smartest method to clocking a speedy time. As Joe Friel explains in his book *The Triathlete's Training Bible* (£15.30; amazon.co.uk): "Too much, too frequently, and you wind up sick, injured, burned out, or overtrained, and on the side-lines watching. Too little intensity in training, and you are off the back in races and unlikely to achieve high goals." It's all about balance.

"Building up speed needs to be part of a progressive programme, not just in terms of interval duration but also with regard to your relative speed," adds

George. "If you've always run at a conservative pace, your first few speed sessions should only be marginally faster than your normal pace. At this stage, the trick is to aim to finish a speed session feeling as though you could have done more. And, as your body adapts to the increased load, you can begin to train harder."

The key is to introduce speedwork slowly – beginner runners will need at least one month of consistent running and conditioning before embarking on a training plan. As a good rule of thumb, you should be able to jog for 30-40 minutes three times per week. And there are some rules that apply to all runners, whether you're a seasoned athlete or an ultra-enthusiastic newbie.

5 GOLDEN RULES

Nick Anderson, GB and Saucony Running coach shares his top rules for speed training

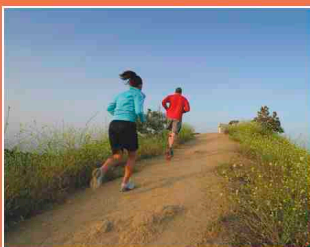
1 PAY ATTENTION TO YOUR POSTURE. Run tall, light on the feet and with a slight forward lean. Ideally, your foot lands under, rather than ahead of, your body to help to create a mid-foot strike. This is faster and more economical.

2 VARY YOUR PACE. Add some threshold running to your weekly mix, which could be as simple as a 30-minute run with three, five-minutes at a faster pace. Aim to run fast at an 8/10 effort.

3 DO SOME TECHNICAL STRIDES after each run, focusing on the posture mentioned above. To do this, finish your planned run and then do 4-6 x 60-80 metres of striding out at about 80 per cent of your best pace. This keeps you thinking about technique and turns the legs over quickly.

4 DO RESISTANCE WORK by adding hills to your training. These can be included in steady or longer runs to build endurance. Hill training increases power, speed and strength.

5 DO SOME PARKRUNS. A monthly 5k time-trial will build pace and confidence as you see your time improve. It can really develop your VO2 max, helping boost your speed and sustained pace. Don't forget to warm up and cool down.



a relaxed pace. This stage will give your body a strong aerobic base on which to build.

PHASE 2: GET STRONGER (4-6 weeks)

The second stage involves increasing your running strength by adding hill running and unstructured speed workouts, such as fartlek training, to your plan.

Aim to perform hill work once or twice a week, gradually increasing the number of hill repetitions you complete each session.

Perform fartlek work one to two times per week by randomly varying your pace



over a set distance. But remember, don't place two high-intensity sessions back-to-back and do maintain overall running volume.

PHASE 3: INCREASE THE PACE (4-7 weeks)

This is the final stage before your target goal – whether that's a 5k or a half marathon – and usually precedes a pre-race rest period, depending on the target race. Add structured speedwork to your schedule. This includes doing interval work, such as blocks of 400m, 800m, 1200m, 800, 400m at a fast pace, and/or threshold runs one to two times a week.

Lazy girl running

Laura discovers that it's better to **FOCUS ON WHAT SHE CAN DO** rather than worry about things beyond her control

When I was training for Ironman UK last year, one thing worried me more than anything else: getting a puncture. I spent many a sleepless hour picturing myself pulled over at the side of the road, grease on my hands, bike upside down and sheer panic on my face. A puncture, I was certain, was what would end my race.

A long spell of good luck cycling to and from work through the potholes of London meant I was able to avoid tackling a flat tyre for a good few months during training. I ignored the advice of those more sensible than myself, to practise replacing an inner tube every couple of weeks. If it took me half an hour to grapple with the thing, I reasoned, it would make my worrying even worse.

When the big day came it wasn't a flat tyre that derailed my race. I was sick in the swim which had knock-on consequences on the bike and meant I failed to meet the cut-off. Of all the scenarios that I'd imagined, this wasn't one of them.

LEARNING TO BEFRIEND MY OWN CAUTION

Since that spell of worrying about flat tyres ended, I've found something else to occupy my mind on sleepless nights. Last year I had a nasty case of shin pain. It came on after a long run preparing for the London marathon and, though I recovered from it and managed the marathon without it reoccurring, I've been



ABOUT THE AUTHOR
Laura Fountain is a blogger, author and editor living and running in London.

She's run 10 marathons and is now training for an Ironman but just six years ago she couldn't run 400 metres. Her book *The Lazy Runner* was published in 2012. She's a UK Athletics qualified run leader and helps beginner runners learn how to run and, more importantly, how to enjoy it.

convinced that it is there waiting to ruin my ultra marathon training.

I've approached long runs tentatively. I eye them on my calendar wondering which one it will be that bites me in the shin and puts me back on the sofa. I place one foot and then the other gently onto the carpet in the morning, as though I can sneak out of bed before my shins realise they're being tested out. I've run four marathons and one unofficial marathon since my shin pain disappeared, but still I'm cautious.

Unlike when I was preparing for the Ironman, this time caution has been my friend. I took a break from running and, as the autumn approached, I returned gradually. I built up my miles and my frequency little by little, like I was sneaking up on the marathon. I've treated my body better than I treated my bike: I listened to it when it said that it didn't want to run and I took it to the gym to strengthen my loose bits. I've focussed on the things I can do – controlled the controllable

and tried not to worry about the things beyond my control.

We all have the 'what if?' scenarios that we worry about; whether it's an old injury or a burst tyre. Mostly they're things that we can take steps to do something about if we want to.

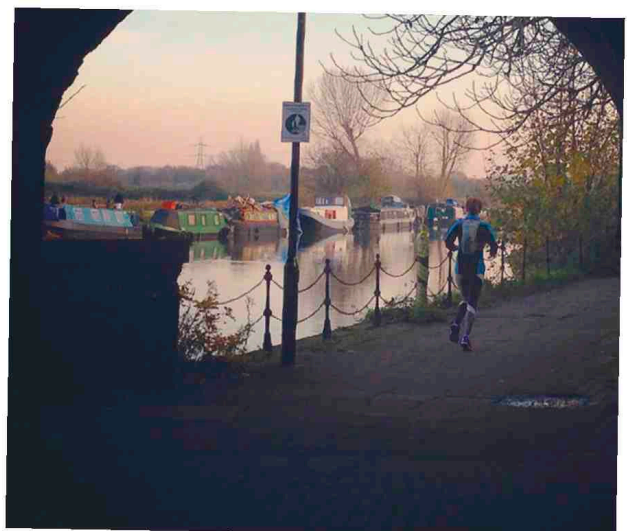
Last week I was cycling to work and my back wheel became flat. I hopped off my bike, and set about replacing the inner tube by the side of the road. Less than eight minutes later I was back on my journey. I've become pretty quick at replacing an inner tube. Which is lucky, as triathlon season is around the corner. •



At the Fritch Way Marathon on New Year's Eve



Cycling to work on my bike



Running to a beer festival (via the canal)



SARAH RUSSELL
EXPERT ADVICE IN -
TRAINING

Sarah is consultant editor of *Running fitness*, has a Masters degree in sport science and 22 years experience as a coach, writer and athlete. She is a qualified England Athletics coach, mentor and presenter. Follow her on Twitter @runfitsarah

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ASK *the* EXPERT: COACH

Our team of experts are on hand to answer your running-related questions, from training to nutrition, health to injury prevention

Two marathons too much?

Q

After entering the Edinburgh marathon for 2015, I also got a club place at London. I've since had people telling me I shouldn't do both! I'm 50 next year and did my first marathon last year. I was looking forward to doing both thinking if I'm training for one, I would be fit enough to carry on for five weeks. What do you think?

Darren Bialek, via email



then my advice would be to treat the first one like an easy jog (which will be hard as it's London!). No pressure and don't worry about time. You're going to need to focus on doing the 'double' rather than worry about time in either event. So in your training, work on long runs, back to back long runs, recovery and strength training rather than speed.

- Whether you get injured or not. It goes without saying that if you're carrying a niggle into London, which develops into an injury, you might not make it to Edinburgh at all. Trying to stay injury-free is paramount. Plenty of strength work, glute work, core activation, foam rolling and trigger ball work. Get a regular massage and keep a close eye on any weaknesses which might result in an injury.

So let's presume you go for it. Here's the plan. Make sure you train properly. Run London slowly and forget about time. Recover well with good nutrition, hydration and a 'recovery' training plan to rebuild. Lots of rest, sleep and get some good massages after London, and live on your foam roller. Then, providing you're not ill or injured, just go for Edinburgh and see how you get on!

Good luck. Do let us know how it goes.

A If you'd asked me this a few years ago I would have said you were mad, that it would be risky and you might cause yourself damage. However, over the last few years I've changed my view as I've seen many clients and running friends successfully run back to back marathons without ill effects. In fact, some of them run faster in the second one!

Personally I've completed a 100-mile stage race where we ran a marathon a day, and look at what Eddie Izzard achieved! However, before you commit yourself, there are many pros and cons and lots of things to consider. Firstly everyone is different. Your ability to run two marathons, five weeks apart,

will depend on a huge amount of variables such as fitness, running history, injuries, ability to recover, lifestyle and how fast you run the first marathon. But first here are the pros and cons...

PROS:

- ✓ **Amazing sense of achievement!**
- ✓ **Training effect from the first marathon may lead to a faster second (provided you recover).**

CONS:

- ✗ **Increased risk of injury (although not always) – and it could put you out of running for months.**
- ✗ **Effort involved may put you off running for a while... or altogether!**

If after that, you decide you want to do the double (and

personally I would!), here's what you need to know.

Technically you have five weeks recovery between marathons, so providing you recover well and aren't injured, I think you'll be OK. Your ability to pull this off will depend on the following:

- How fit you are going into the first marathon. The fitter you are, the faster you'll recover. The old advice of needing 'a day per mile' to recover is a bit out of date. If you're fitter, you'll recover faster. Make sure your training includes enough long runs and watch how your recovery rate improved from long sessions.
- How fast you run the first marathon. If you really hammer that first marathon or push yourself for a fast time, you'll find it harder to recover. If you still want to do both,

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RUN YOUR FIRST MARATHON

PART FIVE

With only eight weeks to go until the **BIG RACE**, we're on hand to offer some crucial advice and top tips WORDS Sarah Russell





Your long runs should be at a pace where you can talk easily

TOP TIP

Avoid doing anything different that might cause an injury. **Skiing, cross country running** (if you're not used to it), **mountain biking, obstacle course racing and football/rugby** are all risky! Be careful.



W

elcome to part five. There are now eight weeks to go and this is probably the most important

month of training, including your longest run to date and a half marathon. But don't panic if things haven't gone to plan. We've got some tips to get you back in the game. The clock is ticking; let's get focused.

RUN LONG

First up is your longest run to date, somewhere in the region of 2.5 to three hours. Aim for 'time' rather than 'distance'. As this is your first marathon, it's really important to get enough of these long runs under your belt. Don't neglect them or cut them short. Plan ahead and make them work for you. Remember these long runs need to be done at a really easy pace, with walk breaks thrown in where you can chat easily. Running at the right pace, fuelling (both during and

after) and getting enough rest will help you recover faster and maintain consistency.

HALF MARATHON PREPARATION

Use this practice race to help refine your 'pre-race' eating and organisation strategy, as well as get a 'time' to help guide your marathon goal. Get organised the day before and make sure you have your race number, timing chip, shoes, drinks and gels all set out. Try a 'nerve buster' 10 to 15-minute jog the day before – it works brilliantly and is a helpful reminder that you can run after all! Get to the race with at least an hour to spare.

Pacing a half marathon can be tricky. Avoid going off too fast. Try to pace the first 10 miles, then 'race' the final three, if you have much energy left. Aim for a strong finish, rather than limping over the line. Use a gel at around six to seven miles, and another at mile 11 if you need it. Your finish-time will also give you an idea of what you might aim for in the marathon. A good rule of thumb is to double your half marathon time and add on 20-30 minutes.

NOT GONE TO PLAN?

If you're behind schedule due to illness or injury, don't panic. The worst thing you can do is try to make up for lost time. It's better to adjust your goal to maybe 'just getting around', instead of the time you had your heart set on, and adapt your training accordingly.

If you've only missed a couple of weeks, then ease back into the plan and shorten your long run by 20 minutes or so to begin with. See how your body responds and keep an eye out for returning niggles or injury.

If you're still injured eight weeks out and haven't done ANY long runs, then you might need a re-think. Don't risk doing long-term damage and having a miserable marathon. There will be other opportunities. It may be better on this occasion to withdraw and look for something later in the year. Be sensible and realistic.

THE PLAN

It's normal to feel nervous and excited as the marathon gets closer. This is what you've been working for all this time! Try to stick with your plan, trust your training, and don't get swept up with what others are doing.

And finally, buy a new pair of shoes this month (which you plan to run the marathon in) and alternate them with your old pair. It'll give you time to get a few miles on them before the race!

TOP TIP It's normal to feel tired the day after a long run, and have legs like lead. Concentrate on drinking more, eating healthily with carbs and protein for recovery, and avoid skipping meals. Go for a walk (not a run), do some foam rolling, have a bath and get some sleep. It'll soon pass and the fitness gains will soon pay off!



RECAP

Always warm up with dynamic mobility exercises, such as hip rolls, lunges, butt kicks, marching on the spot and so on, followed by some brisk walking.

EASY RUN Comfortable, recovery or long run pace. 'With drills' just means to incorporate five minutes of butt kicks, skips and fast feet drills in your warm up (see www.kinetic-revolution.com).

CROSS Don't neglect this important session, and don't be tempted to run instead. Swimming, cycling and rowing are all great options.

PILATES OR S&C Try a Pilates class or use DVD at home (Stott Pilates is good) or try a mini circuit session using a TRX at home or use the weights at

the gym.

LONG RUN The 'bread and butter' of your marathon plan. These runs are to be done REALLY slowly, around two minutes per mile slower than your 10k pace and around 5/10 effort level.

WIND UP 777 Start with your usual warm up, then do five sessions of 30-second bursts to get your heart rate up. Jog between each burst. Then run for seven minutes at a nice strong pace (around 7/10), pick up the pace for the next seven minutes, then continue to build (without resting between each section) so the final seven minutes are run at 9/10, and you'll finish at a pretty much flat out pace. You'll have done 21 minutes of hard, but steady quality work. Cool down for five to 10 minutes afterwards. •

"ALWAYS WARM UP WITH DYNAMIC MOBILITY EXERCISES"

Be realistic if you're injured

Weeks to go...	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8	Pilates or S&C	Easy run 30 mins with drills	Rest	Cross 30-45 mins	Easy run 40 mins	Rest	Long run 2.5-3 hours
7	Pilates or S&C	Easy run 30 mins with drills	Rest	Easy run 30 mins	Rest	Easy run 15 mins	Half marathon
6	Pilates or S&C and walk 20 mins	Rest	Rest	Easy run 30 mins	Easy run 45 mins	Walk 20 mins	Long run 90 mins
5	Pilates or S&C	Easy run 30 mins with drills	Rest	Cross 30-45 mins	Easy run 45 mins	Easy run 30 mins	Wind up 777
4	Pilates or S&C	Easy run 30 mins with drills	Rest	Cross 30-45 mins	Easy run 30 mins	Walk 30 mins	Long run 3-3.5 hours
3	Pilates or S&C	Easy run 30 mins with drills	Rest	Cross 30-45 mins	Easy run 45 mins	Easy run 30 mins	Wind up 777
2	Pilates or S&C	Easy run 30 mins with drills	Rest	Cross 30-45 mins	Easy run 45 mins	Walk 30 mins	Long run 2 hours
1	Pilates or S&C	Easy run 30 mins with drills	Rest	Easy run 30 mins	Rest	Easy run 15 mins	Marathon day!



GOOD LUCK! Next month will be our final marathon preparation guide, which will prepare you for the big race. If you have any questions, email us at rf.ed@kelsey.co.uk

ON TEST THIS MONTH

Our product focus feature takes a deeper look at some of the **HOTTEST GEAR** on the market, with an in-depth and honest review



THERAPEARL HOT AND COLD THERAPY

Knee Wrap **£13.99**

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Contour Pack **£8.99**

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pharmacy

www.therapearl.co.uk

This new range of hot/cold packs from Therapearl is set to revolutionise injury treatment for runners, and to say we were excited when they arrived in the *Rf* office is the understatement of the year!

WHAT IS IT?

The range includes a variety of sizes and shapes suited to different body parts and requirements. The knee wrap is particularly impressive, offering a large circular cut out shape, allowing you to wrap it around your knee firmly and get the ice or heat in exactly the right place. Also available is a back wrap – a long sectioned wrap which

fits the lower back perfectly – and a sports wrap; a simple rectangular pack which is particularly versatile. There is also a small 'contour' pack ideal for elbows or ankles and other tricky small areas.

Each pack (apart from the sports pack), has a strap to hold it firmly on your body so you can wrap it around tricky areas such as ankles without it falling off.

WHAT'S SO GREAT ABOUT IT

The real difference with this product is in the pearl technology inside. Therapearl is made of tiny round balls which move around inside a gel pack, allowing it to be flexible and contour to your body.

Designed by a US doctor, the Therapearl packs are pliable even when just out of the freezer, and because the cover of the packs is soft and comfortable, it can be worn straight against the skin. The pack will hold its temperature for 20 minutes – whether you want ice or heat – targeting the site of pain, bruising or swelling.

Keep one in the freezer, or warm it up in the microwave if you need heat therapy. You can finally ditch the bag of peas! ●



RECOMMENDED ICE TIPS:

You should ice during the first 24 hours following an injury, when there is evidence of swelling and/or bleeding. Even if you don't have an 'injury', it's recommended to apply ice after any physical activity to lessen the effects of wear and tear.

THERAPEARL IS MADE OF **ROUND BALLS** WHICH MOVE AROUND INSIDE A GEL PACK



**MARTIN
MACDONALD**
EXPERT ADVICE IN –
NUTRITION

Martin MacDonald is a clinical performance nutritionist and founder of www.Mac-Nutrition.com. He is the lead nutrition consultant to many governing bodies, including England Swimming and the Derbyshire Institute of Sport.

ASK THE EXPERTS

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ASK *the* EXPERT: NUTRITIONIST

Our team of experts are on hand to answer your running-related questions, from training to nutrition, health to injury prevention

Train low, compete high

Q

I've heard about 'train low, compete high' for marathons and that it can help with losing weight. I'm training for the London Marathon and wondered if this might be something for me? I'm a bit overweight and it's my first marathon. How low should my carbohydrate intake be?
Thanks, Mark Edwards



However, whilst 'train low, compete high' could be effective at improving running performance, it's not especially relevant to body fat loss. Of course diet and exercise play a role in losing body fat, but currently there is no reliable evidence that 'training low' adds anything unique to this. But as long as you're fit and healthy, there's no reason not to try it! If you do, it might look like this:

A The concept of 'train low, compete high' is a relatively new area of research in sports nutrition. It basically means doing some of your training without eating any carbohydrate before or during your run, but then when it comes to the race, you fuel up with carbs before and use gels during the run. The theory being that training with low carbohydrate stores can make your training sessions even more effective. When you train, signals are sent for your body to adapt to the stimulus; when you don't eat or drink carbohydrate around the training session, these signals are amplified greatly! Training 'low' (i.e. with low stores of glycogen) can both enhance fat metabolism and increase carbohydrate levels in the muscle.

Therefore you'll become more efficient, and when you run the marathon, your body will conserve glycogen stores and you'll avoid hitting the wall.

At present, the performance enhancing effects of 'training low' are not entirely clear, however it would seem unlikely that there's any real reason NOT to try it and see if it works for you. In answer to the first part of your question regarding 'how low?', this is a commonly misunderstood part of the 'train low' strategy. You don't have to eat a particularly low carbohydrate diet all the time, you simply need to restrict your carb intake around the training session. Many individuals have been doing fasted morning training sessions for years; what we now know is that the session doesn't need to be completely fasted, eating protein before the session is fine and may

prevent muscle loss whilst not affecting the outcome.

Once you've done your run, you can eat carbohydrates throughout the day as you normally would. If you want to try it, there are two important things to remember. Firstly, try to complete some of your sessions fully fuelled with carbohydrate; not doing so could reduce your capacity to oxidise carbohydrates effectively. Secondly, it is important to ensure then when you compete, you eat carbs and 'compete high' - i.e. follow a carbohydrate loading strategy before the big day. One criticism of 'training low' is its potential impact on immune function, although the research in this area is far from conclusive; ensuring you get enough energy throughout the day, as well as getting adequate sleep and recovery are likely much more important.

SIX-MILE RUN AT 7AM

- ✓ Night before eat a meal high in protein with a little carb (chicken and vegetables with a little rice)
- ✓ Breakfast before run, protein (eggs, cheese, etc), no carbohydrate, during the run, just drink water
- ✓ After the run ensure you have a recovery snack/shake containing 20-30g of protein, then eat 'normally'.

HALF MARATHON RACE:

- ✓ Night before, high carb meal (pasta or rice)
- ✓ Breakfast high carbs (porridge, cereal, toast, etc)
- ✓ During the race use your normal sports drinks, etc, to ensure adequate intake of fluid and carbs.

It doesn't have to be complicated, just adjust the amount of carbs around your training and races.



The secret of B12

Why is B12 a key
vitamin for runners?
And can it really **HELP**
TO IMPROVE your
performance?
WORDS Andrew Thomas

Vitamin B12 is a vital nutrient which helps the production of healthy red blood cells that carry oxygen around the body. It's necessary for replicating DNA, normal nerve cell activity and is responsible for the control of homocysteine levels (an imbalance of which is associated with an increased risk of heart disease and strokes). More commonly, B12 is associated with our body's ability to withstand fatigue and tiredness and our cognitive function. Low levels of B12 is called Pernicious Anaemia and around half a million people in the UK currently suffer with it.

ATHLETIC PERFORMANCE

Performance decreases with vitamin B12 deficiency in a number of ways. A decreased cognitive function will cause impaired concentration, while more extreme deficiency reduces the oxygen-carrying capacity of the blood and will reduce aerobic and endurance ability.

Research suggests that athletes with poor or marginal nutritional status for vitamin B12 may have decreased ability to perform high intensity exercise. In women, specifically, higher B12 levels correlate with enhanced athletic performance. This is likely due to B12's role in the synthesis of new cells, such as red blood cells, and to its role in the repair of damaged cells as the body rebuilds tissues.

Studies have been conducted where non-anaemic athletes do not show an increase in performance regarding power, VO2max, or half-mile run speed when supplementing with vitamin B12.

B12 FOR RUNNERS

Running can have a huge impact on your body and as such anyone running long distances on a regular basis should consider increasing their nutrient intake and maintaining a well-balanced diet in order to see an improvement in their performance. Vitamin B12 affects the biochemical processes, especially those influencing cardiovascular health, energy balance and protein metabolism.

Running, particularly endurance and marathon training, uses more nutrients and places a lot of impact and stress on the body. Micronutrient deficiencies are more likely to occur and B-vitamin deficiencies are quite common, especially in female athletes and marathon runners. The B vitamins, including B12, are all necessary for energy maintenance. Their deficiency can impair your performance, endurance and the conversion of food into energy.

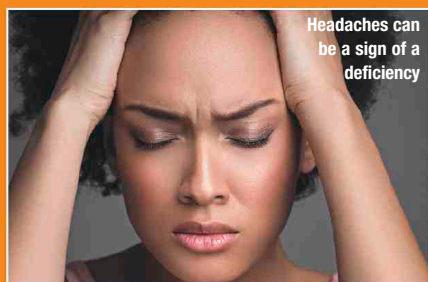
HOW DOES AGE AFFECT YOUR FITNESS?

Regardless of your age, you need to consume enough calories in order to engage in athletic activity, as well as to perform the activities of daily living! As you age, your body's ability to absorb nutrients from food decreases. A perfect example of this is vitamin B12, as it is essential to red blood cell formation. In addition, the body's ability to absorb B12 digestively relies on the presence of a chemical called intrinsic factor. Again, illness and age will reduce this.

B12 is necessary for energy maintenance. Deficiency can impair performance

A deficiency in B12 can cause a reduction in aerobic ability

WHAT ARE THE SIGNS OF A B12 DEFICIENCY?



Headaches can be a sign of a deficiency

Because a deficiency can be slow to develop, it may be difficult to notice symptoms. The best way to test the amount of B12 in your body is to have your blood analysed by your GP. Unfortunately, since there are so many symptoms of a possible deficiency, the condition can often be misdiagnosed

or overlooked. Talk to your doctor if you experience any of the following symptoms:

- **NUMBNESS IN THE FEET (WHICH OFTEN AFFECTS RUNNERS)**
- **TIREDNESS**
- **HEADACHES**
- **WEAKNESS**

- **POOR CONCENTRATION**
- **IMPAIRED DECISION MAKING.**

If spotted early, vitamin B12 deficiency is easy to correct with the right nutrition and supplements, so ensure you know your levels if you want to maintain performance.

NUTRIENT BOOSTER PRODUCTS



Boost B12 oral spray, £11.95

Delivers vitamin B12 directly into the bloodstream to help combat fatigue and improve mental clarity, proven to help reduce tiredness and fatigue as well as aiding concentration and memory.

www.betteryou.com



Magnesium Flakes, £9.95

When dissolved in a bath the solution feeds every cell and efficiently replaces magnesium lost through modern diet and pressured lifestyles, providing you with the most relaxing 20 minutes you will ever spend.

www.betteryou.com



Magnesium Oil original spray, £12.20

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Vitamin

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EGGS

SUPPLEMENTS

The natural, food-bound form of the vitamin occurs mostly in animal products, including milk, yogurt, meat, poultry, fish, and eggs. As a result, vegetarian and vegans are more likely to be deficient in B12. Another group at risk for deficiency includes anyone over age 50. To compensate, mature athletes should increase their intake of foods that are fortified with B12 or take a supplement. Similarly, those on calorie restricted diets to maintain weight levels.

Another risk for vegan athletes is that vitamin B12 deficiency can be masked by high folic acid intake due to the high consumption of vegetables. If not found within a reasonable amount of time, the masking of vitamin B12 deficiency may result in irreversible nerve damage.

If supplemented, B12 is available in two forms — a crystalline form, and the more bioavailable and naturally occurring methylcobalamine. The recommended dietary allowance (RDA) for vitamin B12 is 2.4 micrograms per day for adults.

B12 INJECTIONS/SPRAYS

B12 is a relatively large molecule which contributes to the vitamin being very difficult to supplement via traditional pills. Research suggests that only half - one per cent of the vitamin, when supplemented, is actively absorbed by the gut.

Digestively we are simply not as efficient as we would like to think, with a significant percentage of the nutritional benefit of our diet lost. The fact is that some nutrients are better supplemented via methods alternative to traditional oral means. The key is to find the route into the



Vitamin B12 can be found in natural foods, but vegans and vegetarians need to ensure they're not missing out on B12 in their bloodstream.

Although injections deliver larger amounts directly into the bloodstream and despite the liver storing B12 for a year or more, the positive effects of a single monthly dose, called a bolus dose, can soon wear off and many are now turning to daily oral sprays for a consistent delivery. The effectiveness of oral sprays is particularly suitable for nutrients, like B12, which are notoriously difficult to supplement through traditional tablet routes.

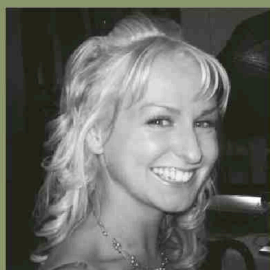
BetterYou is a pioneer of oral spray supplementation and have developed a system which delivers B12 directly into the bloodstream via a convenient and naturally tasty daily spray. Trials of the B12 Boost spray at Cardiff University have shown a ten-fold increase in absorption when supplemented sublingually as this area benefits from the high permeability of the tissue in the mouth, particularly under the tongue and the inner cheek, and the proximity of a rich vein system. ●

ABOUT THE AUTHOR



Andrew Thomas is the founder and MD of BetterYou, a natural health company, specialising in the supplementation of the growing number of key nutrients lost

through our changing diet and lifestyle. Andrew's accolades include the 'Micro-entrepreneur of the Year' award and 'Small Business Entrepreneur of the Year' at the Great British Entrepreneur Awards, both in 2014.


**DR. YVETTE
BRINDLE**

EXPERT ADVICE IN –
WOMEN'S HEALTH

Dr. Yvette Brindle is a General Practitioner in Chester. She is trained in women's health and has a keen interest in running, fitness well-being, weight control and nutrition. She enjoys running with her local group and entering races for charity.

ASK *the* EXPERT: DOCTOR

Our team of experts are on hand to answer your running-related questions, from training to nutrition, health to injury prevention



A verruca problem

Q

Dear Dr. Brindle,
I have some really painful verrucas on my feet (I have four on each foot and a very deep painful one on the ball of my right foot), and they're starting to cause a problem when I run.

I've tried all the usual pastes and creams from the chemist, but nothing is working. What is the current thinking on verrucas? Should I just leave them alone or get treatment? What can my GP do, or should I see a chiropodist? And then what can I do to stop them returning?

**Many thanks, Sally
Longhurst**

ASK THE EXPERTS

Do you have a question? Email the team at rf.ed@kelsey.co.uk

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A Verrucas are stubborn skin lesions on the soles of our feet. Like warts, verrucas are caused by a virus, known as human papillomavirus (HPV). They are harmless, but they can be painful. They are usually flat, as they tend to get trodden in, and can vary in size. They can take on different appearances, but often black spots are visible within. These black spots are bleeding points within the verruca, caused as a result of pressure from walking and standing. They can be difficult to distinguish from corns.

Verrucas often disappear on their own without any

treatment, usually with a few months, at the most within two years. However, in adults, it can sometimes take longer. We recommend treating verrucas if they are painful, or if they are spreading. As you have discovered, there are various topical lotions and plasters that can be bought to treat verrucas. These contain salicylic acid, which burns off the top layer of the verruca. They need to be applied daily, often for up to three months. They work best if you soak your feet for 10 minutes before application, and use a pumice stone to rub away dead skin once or twice a week. The acid can cause skin irritation, so care needs to be taken not to

apply the treatment to healthy surrounding skin.

If topical treatments fail, then cryotherapy (freezing treatment) may be an option. Many GPs deliver this treatment. It involves the application of short bursts of liquid nitrogen to the verruca, destroying its tissue. It can take several treatments to clear the verruca fully. Treatment in combination with topical salicylic acid has been shown to be most effective.

Currently there isn't enough evidence to recommend other treatments, such as duct tape, although some people find these do work. If cryotherapy is unsuccessful, it may be worthwhile seeing a podiatrist, who may be able

to offer specialist treatments. Once they have cleared, here are some prevention tips:

- Avoid sharing towels, shoes or socks with someone who has a verruca or wart
- Keep your feet as dry as you can: shower after running and change your socks
- If you have a verruca, avoid picking it and wear pool slippers in communal areas
- Finally, keep your verrucas covered with a plaster.

**DR. YVETTE BRINDLE**

Dr. Yvette Brindle is a General Practitioner in Chester. She is trained in women's health and has a keen interest in running, fitness well-being, weight control and nutrition. She enjoys running with her local group and entering races for charity.

WHO DOES IT AFFECT?

We aren't sure why heartburn affects some people and not others. About 25 per cent of adults experience heartburn, and roughly five per cent have daily symptoms. It is two to three times more likely to affect men than women.

Heartburn is more common in runners, than other forms of exercise. This is thought to be because the 'up down' motion in running jiggles the abdomen, putting upward pressure on the

stomach and triggering reflux.

Some other factors, which increase the risk of acid reflux and heartburn symptoms, include:

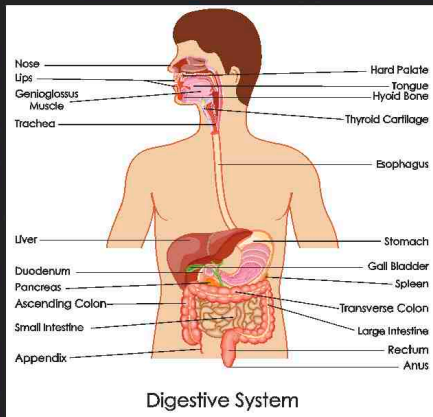
- **Being overweight** (excess fat puts upward pressure on your stomach, increasing the risk of reflux)
- **Caffeine and alcohol** (both relax the LOS)
- **Fatty foods** (delay emptying of stomach contents into the intestines)

Smoking (relaxes the LOS)

- **Pregnancy** (as with being overweight, it is the upward pressure of a growing baby that puts pressure on the stomach)
- **Stress**
- **Having a hiatus hernia** (this is where part of the stomach has pushed up through the diaphragm)
- **Medications** (anti-inflammatories, such as ibuprofen, steroids and certain anti-depressants may also trigger symptoms).

HEARTBURN AND RUNNING

For some, heartburn is a **DAILY PROBLEM** affecting your digestion, exercise and sleep. But what is it, and what help is available?



Digestive System

Heartburn, as the name suggests, is a 'burning' sensation in the chest, which the majority of us have

experienced at some point. Unfortunately for some, this unpleasant symptom can be a daily occurrence.

It is a symptom of a condition, known as gastro-oesophageal reflux disease, or GORD for short. To help understand this better, it's worth looking at our digestive tracts.

When food is ingested, it passes down our oesophagus, often referred to as 'gullet', to the stomach. Once in the stomach, acid goes to work on it, breaking it down, later to be absorbed by our intestines. At the

bottom of our gullet, where it meets the stomach, there is a ring of muscle, known as a lower oesophageal sphincter, or LOS. The LOS works as a valve, opening to let food enter the stomach, and closing to keep it there, preventing its back-flow into the gullet.

In people who suffer with GORD, the LOS is weakened, allowing stomach acid to track up into the gullet. It is this reflux of acid, which causes the burning pain in your chest – what we call heartburn. If reflux of acid is prolonged, or excessive, it can cause inflammation of the lower gullet, known as oesophagitis.

OTHER SYMPTOMS OF GORD

Heartburn is not the only symptom of GORD. Some other symptoms include acid brash (acid taste in the back of the throat), pains on swallowing, pains in the upper abdomen and bloating.

Often GORD can be diagnosed from symptoms alone and no further testing is needed. However, if symptoms are severe, and not responding to treatment, your GP may wish to arrange some further tests. This usually involves having a procedure known as an endoscopy. This is where a small, thin camera is passed down the gullet, to the stomach, showing up any damage to the gullet or stomach lining.

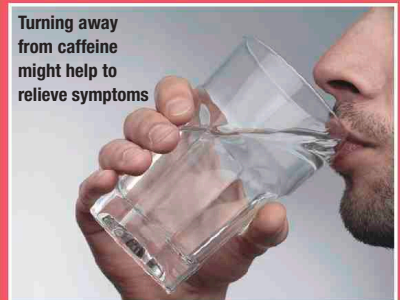
Sufferers of GORD have a weakened LOS, which allows a reflux of stomach acid

MEDICAL TREATMENTS

Finally, if these conservative measures on the right hand side fail, and you still have symptom, it is worth trying medication.

Antacids, such as Gaviscon, can be bought over the counter. These work by neutralising stomach acid, and form a 'raft' over the stomach contents, preventing its reflux upwards. These are available in tablets, sachets and drinks, and are generally quite palatable.

If antacids fail to control your symptom, it is worth seeing your GP. They can prescribe alternative medications, which work by preventing the production of stomach acid. A month's treatment may be enough, but these are sometimes used long-term to prevent recurrence of your symptoms. There are many options available, so don't suffer in silence. Have a chat with your local pharmacist or GP if you have. ●



WHAT HELP IS THERE?

The mainstay of treatment of heartburn involves looking at lifestyle. Firstly, it is worth noting what you eat and drink. Caffeine is a common culprit, and simply switching to decaffeinated drinks, and reducing your consumption, can be enough to eradicate symptoms.

Keeping good control of your weight, limiting alcohol and not smoking will not only help your symptoms, but improve your overall health.

If heartburn is a problem at night, bring forward your evening meal and keep its fat content low. It might help propping the head of your bed up too.

If heartburn is having an impact on your running, try these top tips:

- ✓ **Time your meals:** make sure you eat at least two to three hours before your run. A small snack an hour before exercise should be no problem. Meal timing is trial and error, so find what works best for you.
- ✓ **Pick the right pre-exercise foods:** this is trial and error, as different foods can trigger symptoms for different people. Try to avoid caffeine, chocolate and spicy foods and keep your portions small. Other common food triggers include tomatoes, raw onions and garlic.
- ✓ **Loosen your clothing:** tight fitting running tops can compress your abdomen and worsen your symptoms.
- ✓ **Pick the right drinks:** stick to water and avoid acidic and carbonated drinks. Be careful with energy drinks, these are often acidic and contain caffeine. It may be worth swapping for jelly beans during a run if heartburn is problematic.

MASTER SPRINTERS

We know the benefits of running later in life, but what about **VETERAN SPRINTERS**? Could their health be at risk? George Winter investigates

Veteran, or master, athletes are generally considered to be at least 35 years old. Although I've been a veteran for at least two decades, it doesn't occur to me to stop because I enjoy it. But apart from that, evidence shows that competitive, veteran, endurance runners not only have better self-rated health, but our risk of contracting diseases such as diabetes, metabolic syndrome and coronary heart disease is lower too.

Which is all very well, but what about veteran track sprinters, or veteran long-jumpers whose training includes sprinting? The long-term health of this relatively neglected group of master athletes has now been addressed by researchers at Poland's Piasecki University School of Physical Education.

Their review found that master sprinters spent 10 to 50 per cent of training time on endurance-related activity such as warming up and warming down. In addition, other studies revealed that sprint interval training conferred distinct metabolic and cardiovascular benefits, suggesting that "chronic high-intensity (sprint) exercise might be an effective strategy to maintain health."

ADDED BENEFITS FOR SPRINTERS

Maximal oxygen uptake (VO₂ max). In one study of age-related decline in master athletes and controls, it was found that although sprinters had lower average VO₂ max values than endurance



ABOUT THE AUTHOR
A keen long-distance runner and freelance writer, George F Winter is a Fellow of the Institute of Biomedical Science

athletes, they also had "significantly higher levels of aerobic capacity than untrained recreationally active individuals." But long-term research studies have shown that as master athletes get older, the rate of decline of VO₂ max is slower in sprinters than endurance runners.

Fat mass and lean body mass. Compared to untrained controls, master athletes "show more optimal body composition", and older sprinters and endurance runners have similar low percentages of body fat. But studies have demonstrated that ageing sprinters, compared to ageing endurance runners, have a greater proportion of muscle mass. This is significant for later life, when age-related reductions in muscle mass and strength occur.

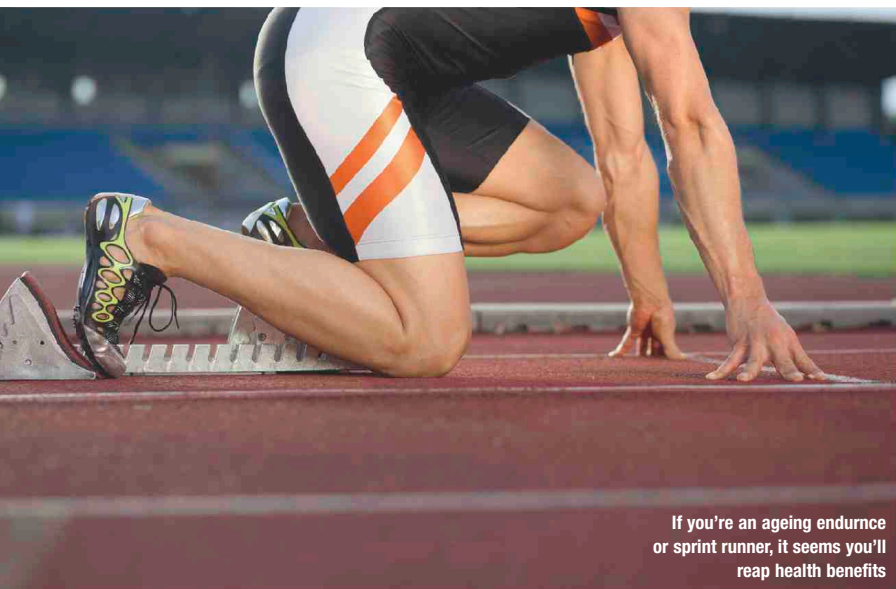
Bone density. Whereas the bone mineral densities of track and field athletes are higher than age-adjusted non-athletes, bone densities are higher among sprinters and middle-distance runners than among long-distance runners. Compared to master endurance runners, the legs, hips, lumbar spines and trunks of master sprinters have higher bone mineral densities and bone mineral contents, suggesting that "sprint training affects bone characteristics more advantageously than endurance training or daily habitual physical activity." However, beyond the age of 80 years, indicators of bone strength among trained and untrained individuals become similar.

Participation. Research suggests that competitive master sprinters participate longer than their long-distance counterparts. For example, a German study found that, on average, sprinters and jumpers participated for 25.2 years and 27.6 years respectively, whereas long-distance track runners and road runners participated for 18.2 years and 15.7 years respectively. It has also been found that master sprinters began competing between the ages of 20 and 30 years; by contrast, master endurance runners began competing at the age of forty years or older: "[t]his suggests [...] that endurance disciplines may be more open to people in later phases of life due to better training availability and simplicity."

What does this mean for me? If you're an ageing endurance runner, evidence shows that you're reaping health benefits. If you're an ageing sprinter, the Polish researchers "[...] propose the novel hypothesis that the sprint model of lifelong physical training which involves high-intensity exercise is at least as beneficial as moderate-intensity endurance exercise for successful ageing."

It appears that the health benefits of running are not only conferred on endurance runners, but sprinters too. ●

"Endurance disciplines may be more open to people in later phases of life"



If you're an ageing endurance or sprint runner, it seems you'll reap health benefits

STRENGTH TRAINING FOR SPEED

Want to stay injury-free and take your running to the next level? Start **STRENGTH TRAINING**. We show you how to get the best results



Strength training has previously been deemed as irrelevant and, in some cases, harmful to distance running performance. In recent years, however, a growing amount of research has shown that strength training can be used to increase endurance capacity and thus performance in beginners, right through to highly-trained and top-level endurance athletes. In fact, elite distance runners now cite strength training as critical in terms of reducing the risk of injury.

This article will help provide some basic guidance to people who are relatively new to distance running, or those stepping out of their comfort zone looking to take their running to the next level.

WHAT IS IT, AND CAN IT HELP?

It is well documented that strength training can increase a person's ability to produce muscular force. For the purpose of this article, strength training will be defined as "the use of specific exercises which provide resistance to the production of force." With this definition in mind, there are numerous ways in which resistance to force can be provided, such as using your own bodyweight or additional loading through the use of dumbbells, barbells and medicine balls. Over time, and provided enough recovery is allowed within your training schedule, your muscles will adapt to the stress imposed on the body through strength training and will become capable of producing greater levels of force.

Why is increasing the amount of force your muscles can produce important to running? During distance running you have to repeatedly propel your body forwards with every step. When your foot strikes the ground, you apply force to it. An equal amount of force is then applied from the

ground to your body, which propels you in the opposite direction, propelling you forwards. All else equal, therefore, the ability to repeatedly produce higher levels of force to the ground will result in you travelling faster and further. Alternatively, when applying the same amount of force to the ground with each step, your legs will be taxed less as your upper limit of force production is higher than before.

The performance enhancement benefits of strength training are very attractive to distance runners. However, it could be argued that reducing the chance of injury is of greater importance. With every step, the connective tissues of the joints are subjected to a level of stress. Appropriate strength training is a very effective way of improving structural integrity and joint health since it helps create more robust tendons, ligaments and bones which are better able to withstand the rigours of running. It is easy to see why strength training is an important component of any distance runner's programme.

You can add resistance to force using your own bodyweight, or by adding weights and dumbbells



“STRENGTH TRAINING IS AN EFFECTIVE WAY OF IMPROVING STRUCTURAL INTEGRITY AND JOINT HEALTH AS IT HELPS CREATE ROBUST TENDONS, LIGAMENTS AND BONES”

GENERAL GOOD PRACTICE

As with the introduction of any new exercise, starting a strength training programme should be done with care and gradual progression. The following guidelines should be adhered to when completing a strength training programme:

TECHNIQUE

Technique supersedes load at all times; it's crucial. Developing good technique from the outset will help prevent nasty habits that take a long time to unwind later, which can potentially cause injury. The good news is that the load needed to increase strength for a beginner is small, and using your own bodyweight is an excellent starting point.

EXERCISE SELECTION

Focus on compound lower body exercises rather than isolating muscle groups. Compound exercises such as squatting involve multiple joints and muscle groups. They will help ensure that the strength you develop increases what is known as inter-muscular coordination. This refers to the ability of multiple muscles to work together in the execution of movements. Isolating muscle groups with single joint exercises does not guarantee that the muscles will be strong in such a coordinated fashion.

RECOVERY

The timeframe between strength training sessions should be sufficient to allow recovery. Typically 48 hours will be needed before repeating the exercises using the same muscle groups.

WORKOUT TIMINGS

If your weekly schedule dictates that you have to combine strength training and running sessions on the same day, there are a few things to consider. First, there is an interference effect in that strength gains are inhibited when endurance work is performed on the same day. If possible, sessions should be separated by six hours or more. This has been shown to reduce the negative effects of concurrent training. Less interference on strength gains has also been shown if the running endurance sessions are performed first in the day (e.g. running in the morning and strength training in the evening). If running sessions and strength training have to be combined within a session then the same order should be followed (i.e. run first and then train). However, the longer the running session is, the less effective your strength gains will be. If you have to combine training methods, it is better to perform strength training following shorter runs and more speed-based work.

PROGRAMMING

Following the correct programme design guidelines, is important to ensure that the right types of adaptations are elicited and that the rate of progression is suitable for the individual. Table one (on the next page) provides some basic programme design guidance for beginner and intermediate level strength trainers. The progressions shown within the table should take place gradually over the course of approximately 1.5 to two years – this is definitely for those who are here for the long haul!

***Note:** These are guidelines only. It's best to seek advice over the long term planning of your programme. The following guidelines will help you get started (note: they do not provide long term solutions on how to periodise your training).*



Make sure you give yourself enough time to recover

BEGINNER GUIDELINES

STAGE	No. of exercises	Stage duration (weeks)	RM	Rep range	No. of sets	Rest between sets (min)
1	4-5	8	Bodyweight only	12-20	2-3	1
2		6	15	12-14	2-3	1
3		6	12	8-11	3	1
4		6	10	7-9	3	1.5
5	3-4	6	9	7-8	3	1.5
6		6	8	6-8	3	1.5 - 2
7		6	7	5-6	3	2
8		4	6	4-5	3-4	2 - 2.5

INTERMEDIATE GUIDELINES

STAGE	No. of exercises	Stage duration (weeks)	RM	Rep range	No. of sets	Rest between sets (min)
9	4-5	6	10	7-9	2-3	1 - 1.5
10		6	9	6-8	3	1.5 - 2
11		6	8	6-7	3	1.5 - 2
12		4	7	5-6	3	2
13	3-4	4	6	4-5	3-4	2 - 2.5
14		4	5	3-4	3-4	2 - 2.5

SUGGESTED EXERCISES

Note it's possible to perform these exercises without external load (i.e. using bodyweight only) which is recommended for beginners. All beginners should seek the advice before trying new exercises.

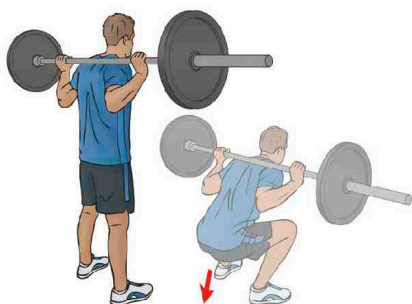


Figure 1. BACK SQUAT

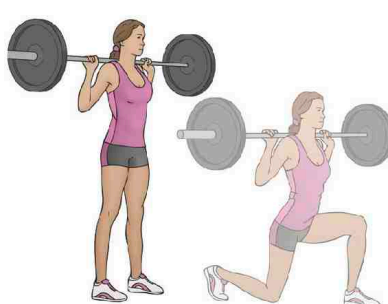


Figure 2. LUNGE

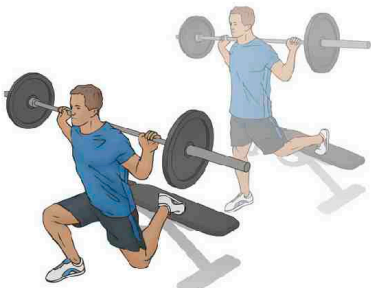


Figure 3. BULGARIAN SPLIT SQUAT

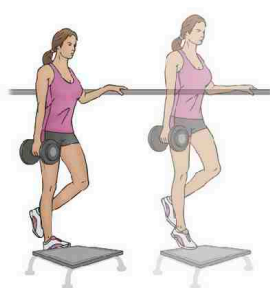


Figure 4. DUMBBELL SINGLE LEG CALF RAISE

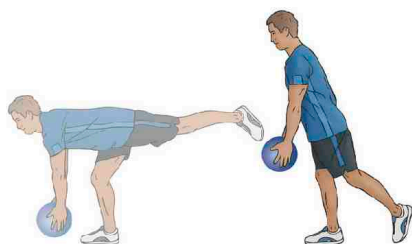


Figure 5. MEDICINE BALL SINGLE LEG ROMANIAN DEADLIFT



Figure 6. BARBELL HIP THRUST

CLARIFICATION OF TERMS FOR TABLE ONE:

Stage (column one). This simply refers to the order of progression. For example, it is recommended that you start at stage one and gradually progress through the levels (downwards)

No. of exercises (column two). This refers to the recommended number of focal exercises that should be completed in each

Stage duration (column three). This represents the recommended duration you spend in each stage

RM (column four). RM stands for 'repetition maximum' and indicates how heavy the load you lift should be. For example, 10 RM means that you would need to find a weight that you could lift 10 times in a given exercise. Six RM is a weight that you could lift for a maximum of six times in an exercise, and so on. Obviously this will take some figuring out over time, and going lighter to start with is advised

Rep range (column five). This details the number of repetitions it is recommended you perform within each set. A repetition is one complete movement of an exercise

No. of sets (column six). This refers to the number of sets you should complete for each exercise. A series of reps performed in one go is known as a 'set'

Rest between sets (column seven). This number represents the amount of rest you should have between sets.

Note: it is recommended that you should perform between two to three sessions per week, dependent on the time of year and at what stage in your training schedule you are in. It is also recommended that the exercises selected should strike a balance between the muscles of the front (figures one to three) and back (figures four to six) of the leg and hip. Lastly, it is wise to perform a range of trunk strengthening exercises (which are out of scope of this article) as part of their strength training regime. Explosive strength training and the use of plyometric exercises have also been shown to be effective in improving running performance and are recommended, although a sound foundation of strength should be developed first.



ABOUT THE AUTHOR

James Wild is the author of *Strength Training for Speed: Scientific Principles and Practical Application* (Lotus Publishing; £19.99). He is a senior strength and conditioning coach, and has worked with Olympic competitors and their coaches.

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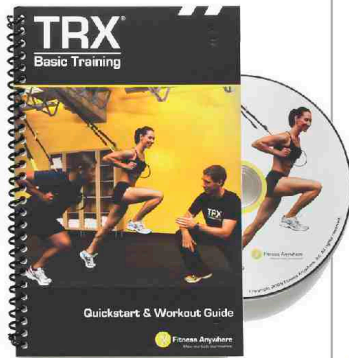
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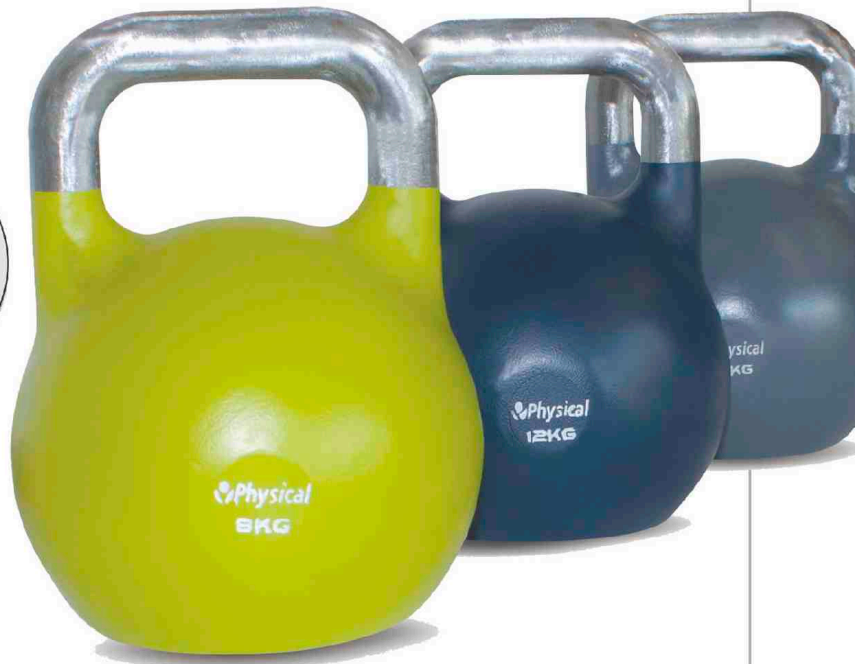




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STEEL COMPETITION KETTLEBELLS, FROM £37.99

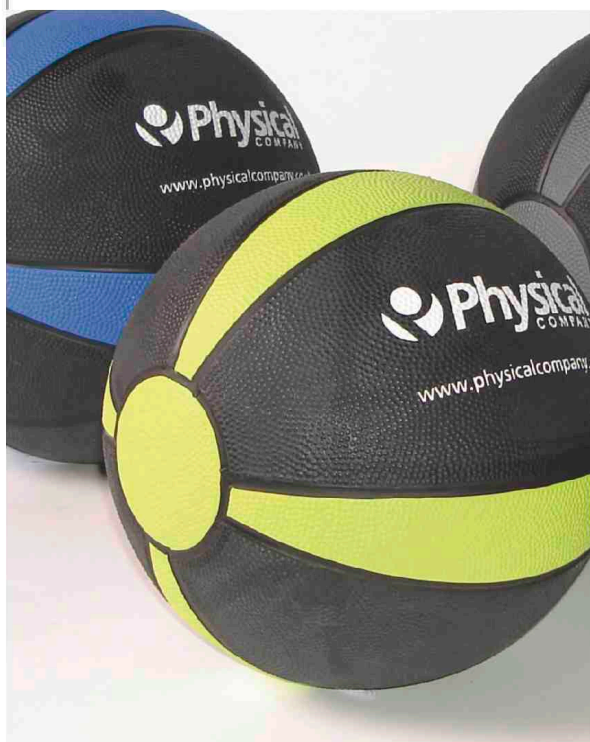
Designed with 35mm diameter handles, each kettlebell has a large base for greater stability, helping you to perform exercises in a safe and efficient way. An extremely effective way to train your body in almost every aspect of fitness, including endurance, strength, agility and balance.

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THE SPORTS DRINK MYTH

BUSTED

Do you know what's in your sports drink? Or if you're **DRINKING ENOUGH WATER**, or even too much?

Help is on hand **WORDS Sarah Russell**

The sports drink market is literally saturated with a mind-boggling array of options, and choosing the right drink is a confusing task.

Added to which, research reviews and news programmes have reported on the unnecessary over-reliance on sports drinks (BBC Panorama; 'The truth about sports drinks' 2012), suggesting that it's just marketing hype and the majority of recreational exercisers would be better off with just water. So what to do? Well first of all, let's go back to basics.

Your body is made up of around 60-75 per cent water. Water intake and maintaining hydration is essential, not only for life but also for fitness and performance, regardless of whether you're a highly trained athlete or just starting out with a jog walk programme.

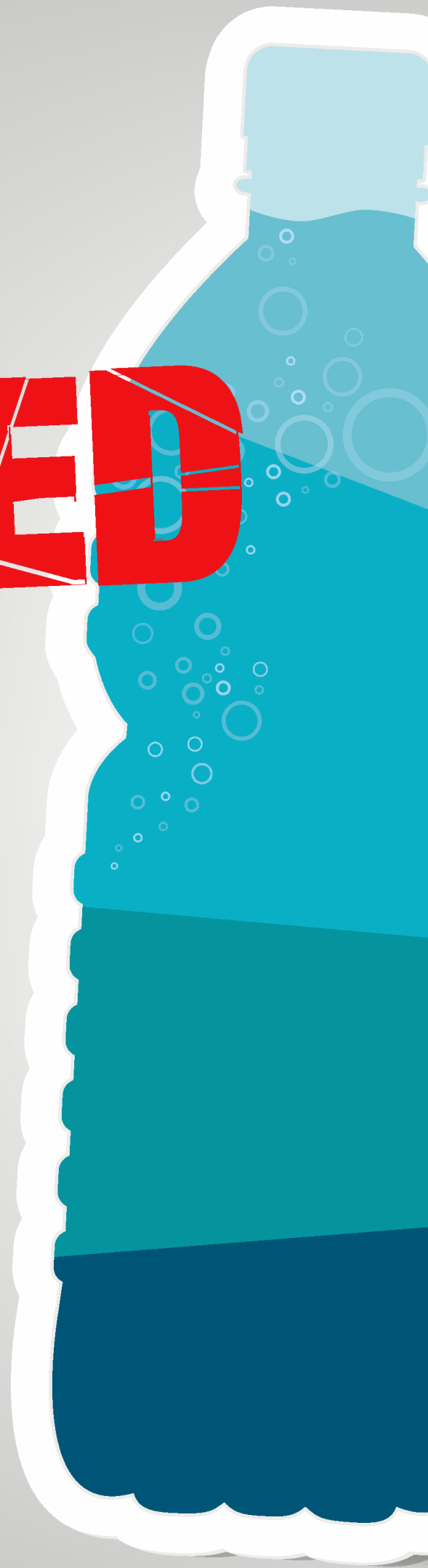
The general rule of thumb is to prevent dehydration dropping below two to three per cent of body weight. For a 75kg runner, that would amount to weight losses of only around 1.5kg. But knowing how much to drink to prevent fluid losses is another issue altogether. When we exercise our sweat rate increases and we lose fluid and electrolytes (in particular sodium). In hot conditions this is exacerbated further. Very low electrolyte levels can lead to Exercise Associated Hyponatremia (see page 54). So your hydration strategy needs to consider both fluid AND electrolyte replacement.

HOW DO I KNOW IF I'M DRINKING ENOUGH?

There are various schools of thought on how to ensure you're hydrated and there's no 'one size fits all' or blanket advice any more. So how do you know if you're hydrated?

Thirst is an obvious mechanism and many coaches advise to just 'drink when you're thirsty'. Professor Tim Noakes in his controversial book *Waterlogged, The Serious Problem of Overhydration* (Human Kinetics; 2012), suggests just that. His fear is that we are all drinking too much, risking Exercise Associated Hyponatremia (low blood sodium) and that 'hydration' recommendations are actually influenced by industry; not science, encouraging us to buy and consume drinks we simply don't need.

But many other scientists disagree, and suggest that our natural thirst mechanism can be 'blunted' by age, cold, gastric distress when running and bad habits, making the mechanism of 'thirst' unreliable. They also claim that by the time you're thirsty, it is estimated that you'll be already be two to three per cent dehydrated – the point at which it's thought that performance starts to decline. And whilst glugging 'as much as you can' every day is no longer the thing to do, the advice to 'drink when you're thirsty', may not be entirely reliable on its own either. Confusing!



WHAT TO DRINK?

Should you just drink water or do you need expensive sports drinks? The argument continues even now. Prof. Noakes has controversially stated that he believes there's no benefit in sodium replacement for runners, and that all we need is water. But many other scientists disagree, with significant amounts of research pointing to the benefit of, and need for, electrolyte replacement for athletes. This debate is set to continue for some time to come, so our advice is to experiment with different products and volumes and find a drinking strategy that works for you.

Water of sports drinks? In some ways, it's down to you

A MORE SCIENTIFIC APPROACH

Monitoring the colour of your urine can be a useful method alongside thirst awareness. Aim for pale urine, if however, you find your urine is almost clear and you're needing to wee a lot it could be that you're actually drinking too much and not absorbing it. If that's the case, try using a hydration drink to aid better absorption.

A more scientific method is to measure your sweat rate and adapt your fluid intake accordingly. Dr. Graeme Stewart, professional triathlete and coach (www.graemestewart.com) recommends the following method:

Weigh yourself before and after your session, and record how much fluid you

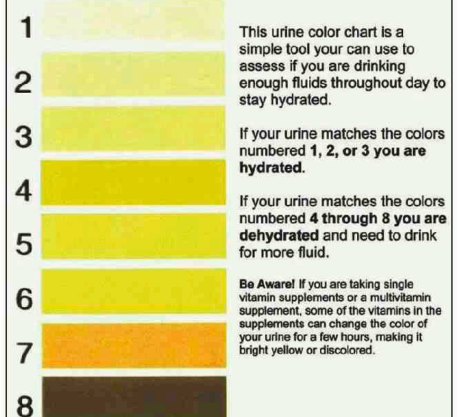
drink and urine you produce (yes, you'll need to measure it!). Divide your net weight loss by your starting weight and you will know by how much you are dehydrated.

Using your sweat rate you can work out how much fluid you should take per hour to prevent getting more than two to three per cent dehydrated.

SWEAT RATE = (weight loss + urine produced - fluid consumed) / hours exercised

DEHYDRATION = (WEIGHT LOSS + urine produced - fluid consumed) / starting weight x100

Am I Hydrated? Urine Color Chart



EXERCISE ASSOCIATED HYPONATREMIA (EAH)

EAH occurs when you drink high volumes (often combined with heavy sweating) and flush sodium from your body. In some cases it can be fatal (there have been more deaths from EAH in marathons than from dehydration) but even at best, early symptoms will make you feel sick and will affect your performance. The problem is that symptoms are similar to dehydration. So the best advice is to avoid over-drinking and monitor your sweat rate, thirst and urine.

NEW THINKING

A new type of sports drink is emerging which isn't full of sugar; and may offer better hydration and absorption of fluid and electrolytes. This new breed of drink contains just enough sugar to help absorption, so for 'fuel/glycogen replacement' you'll need to get your carbohydrate source elsewhere.

Dr. Stacy Sims, chief research officer and co-founder of OSMO nutrition, recommends using a hydration drink for your 'fluid' needs, and consuming solid food or sports chews (rather than a gel) for your carb requirements. "When you eat a gel, your body reacts to it as if it were a liquid," explains Dr. Sims. "Your body will try to shift fluid from blood plasma to dilute the gel in order for it to be absorbed. This process can lead to dehydration." Try solid foods for your carb needs, with a hydration drink (with the correct osmolality).

WHAT IS OSMOLALITY?

"Osmolality is a scientific measurement of how much 'stuff' is in a fluid," explains Dr. Stewart. "This includes salts, sugars and anything else that binds to the water molecules in the fluid. All this salt and sugar clings to the water molecules and can pull it from one place to another, such as into, or out of your body. So to get water into our bodies, we need to drink fluid with a LOWER osmolality (less salt, sugar and other stuff) than our blood."

In a nutshell, a drink with high amounts of sugar/carbohydrate won't be absorbed as well as a drink that has lower osmolality.

OUR FINAL WORD

Develop your own hydration strategy that works for you, bearing in mind that different drinks will be work at different times. Try various products and analyse the ingredients. Look for natural organic ingredients and less sugar. Hydration is individual and you need to find your own personal strategy. ●



There are now more drinks offering lower sugar options

DR. STEWART'S TIPS

1 READ THE LABEL. If your drink has more than four per cent carbohydrate, it is unlikely to be optimal for hydration and could give you stomach problems if taken in excess. Look for a three to four per cent carbohydrate drink with simple glucose, sucrose and electrolytes for optimal hydration.

2 KNOW YOUR BODY. Try to calculate your sweat rate on a race specific session so you know how much you might actually need. It is just as common for athletes to over drink (and develop EAH) and make themselves sick, as it is for them to not drink enough.

3 WRITE YOUR RACE STRATEGY. Before race day, take a look at where the aid stations are and what drinks are available. Plan your hydration strategy: how much you will drink and when, so nothing will go wrong. If you can't get a sports drink on the course, you may need to alternate sports drink and water, or mix them. Taking a stronger drink than you are used to on race day is a recipe for disaster.

CHOOSING THE RIGHT DRINK STRATEGY

Our quick-guide table may help you choose the best drink, given your training duration/intensity and climate conditions

Daily hydration	Water or v. dilute squash In very hot conditions, consider hydration drink
Pre-Run	Short run + normal conditions = water Hard run + hot conditions = pre-load hydration drink Long run + race = pre-load hydration drink
During run < 1 hour	Water In hot conditions = hydration drink
During run > 1 hour	Hydration drink + carbohydrate replacement
During run < 1 hour but hard intensity	Carbohydrate replacement If hot = hydration drink
Post run	Water If hot weather = hydration drink After hard/long run = 1:3 protein:carb recovery drink (chocolate milk, for example)

HANDY HYDRATION PRODUCTS

Try these products to stay hydrated

Osmo Active Hydration, £15.99 (400g powder)

OSMO offer a range of unique products aimed at delivering the perfect level of hydration. The range includes OSMO 'pre-load' hydration, Osmo Active Hydration, and OSMO Rapid Recovery, which aids post-exercise. www.osmonutrition.co.uk



Camelbak Flashflo LR, £44.99

Carry your own drink rather than relying on water provided at races. Try the Camelbak FlashFlo LR waist bag. A great alternative to a bottle. A neat 1.5 litre bladder pack means you can carry enough for even a marathon. www.camelbak.com



If you're going to put yourself through hell,
you might as well do it in heaven.

Baxters

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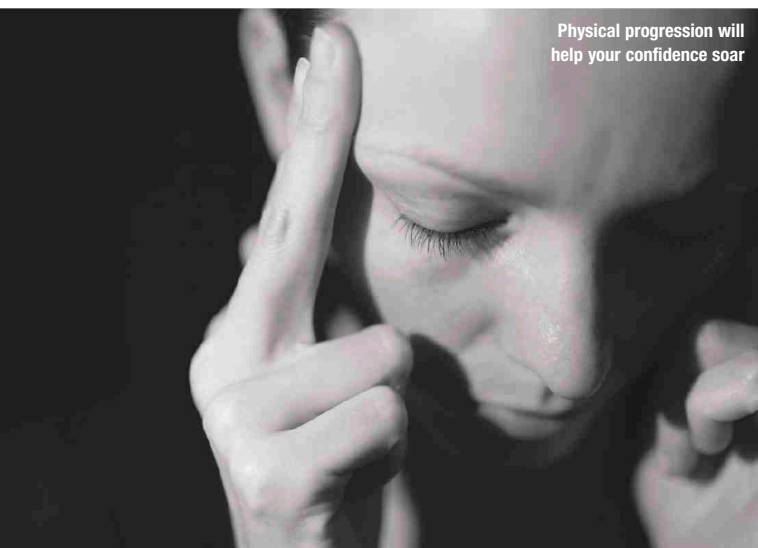
ASK *the* EXPERT: MOTIVATION

Our team of experts are on hand to answer your running-related questions, from training to nutrition, health to injury prevention



EVIE SERVENTI
EXPERT ADVICE IN -
THE PSYCHOLOGY OF
RUNNING

Evie Serventi is deputy editor at *Running fitness* magazine. She is a qualified journalist, keen runner and triathlete, and health mentor. She is also studying sports psychology and has a dedicated interest in training your mind
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Physical progression will
help your confidence soar

Feeling anxious

Q I'm new to running and a few months ago got swept up in the hype of my friends' excitement about entering a team event and before I knew it, had signed up. I'm not fast or confident so I thought it would be good for me to have a goal. For the first few weeks I was really excited to be a part of a team (my leg is eight miles) but after that, I started making excuses not to join the training runs and I'm now miserable; I just feel pressured and anxious. I'm also the slowest runner in the team, which worries me. I'm not following a specific training plan either. I've got two months left to train but feel like pulling out. Help!

Thanks, Briony Webster

A Let's look at the positives first. You've stepped outside your comfort zone and signed up to an event, and one that you thought would help you improve your confidence and running ability – so be proud of it. Also, your team mates have confidence in you (after all, they encouraged you to sign up).

It could be that you are having second thought nerves or pre-race anxiety due to being a first time competitor, or you might just need a bit more structure to your running, which will help to keep you focused. The

physical progression will also help your confidence soar whilst keeping you fit and on track to get to the start-line.

It's natural to have nervous energy or anxiety about any event, whether you are experienced or not, but by accepting and rationalising your emotions, you can reduce their intensity. For example, say: 'I feel really worried about running with my friends, looking silly and about competing.' Then rationalise the feeling, by saying: 'Well, it's no wonder I'm scared – this is a new experience! And I won't actually be racing with my friends, so I'll just try to relax and enjoy it. And there will be

loads of people who haven't raced before doing it.'

If you're not following a training plan, find one that fits in with your life and make it part of your routine. You could try speaking with your friends – it could be that they feel the same! Talking about your reservations will help you feel better.

In terms of being slower, why not run alone or find other friends to run with who aren't racing? Training runs, especially long runs, are all about getting the miles under your belt and going slow and steady – and having fun!

Finally, if after you've tried some of the tactics above

ASK THE EXPERTS

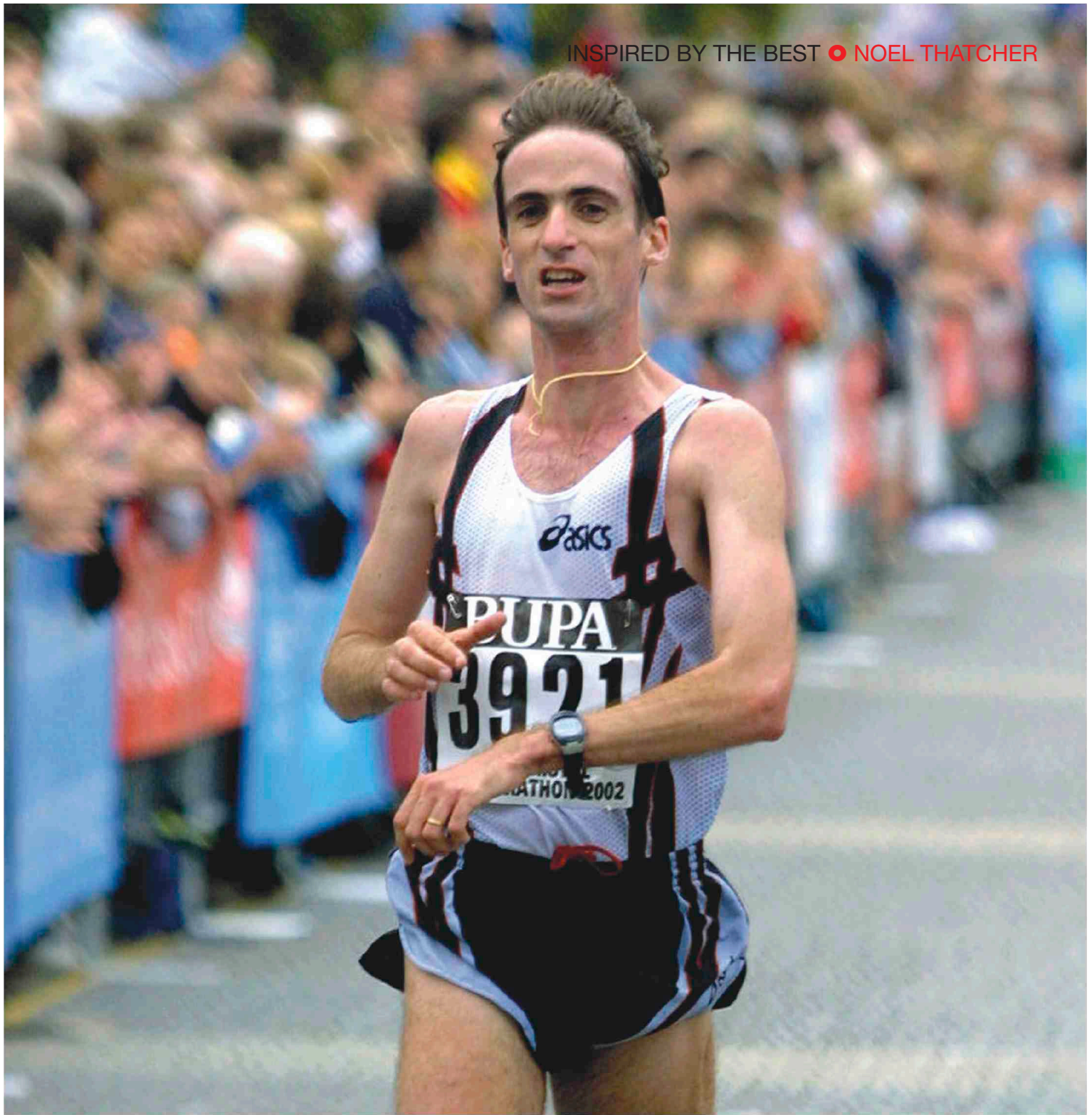
Do you have a question? Email the team at rf.ed@kelsey.co.uk

Twitter: @Runfitmag

Facebook: [facebook.com/RunningFitness](https://www.facebook.com/RunningFitness)

and you still feel miserable, draw a line under it and re-evaluate your goals. Look at the experience as a positive, one which has taught you the importance of choosing goals that you really want to achieve. Have a read of our motivation feature this month (page 60) which is all about staying true to your goals.

INSPIRED BY THE BEST ● NOEL THATCHER



INSPIRED BY THE BEST **NOEL THATCHER**

Noel Thatcher, MBE, competed in **SIX PARALYMPIC GAMES** (1984-2004) winning five gold medals. He now works as a physiotherapist and is keen to raise awareness of some of the issues experienced by blind and visually impaired people both in and out of sport

WORDS Rebecca Gibbs

What do you enjoy most about running? And with limited vision, how do you stay safe?

What I enjoy most about running is its simplicity and the freedom that it represents, particularly now that I have stopped competing for medals – I can run as far, as fast and as often as I please. This was definitely not the case when I was trying to win Paralympic gold, when every session and every tenth of a second was important and the pressures (mostly self-imposed), were huge. I don't wear a Garmin or even a watch, as these detract from the enjoyment.

Being visually impaired/registered blind means that I struggle in poor light and on unfamiliar routes so rely heavily on a few familiar routes and the goodwill of my guide-runners/running friends. Like all visually impaired and blind runners, I wouldn't have been able to achieve anything without the selfless support of a huge number of people.

You famously credit being made to run five miles a day every night for a month, as punishment when you were 12 for your initial success as a cross country runner. Do you think things might have turned out differently if you'd been less rebellious?

It's ironic, given the recent government U-turn on using running as a punishment in schools, (thanks in large part to the great work of Gavin Megaw) that I would probably have never discovered my running ability if my house-master at school hadn't sent me out every night for a month on a five-mile run, as a punishment for my one and only fag. I like to think he saw some untapped potential and had it not been for him I would have probably pursued my first choice career of prog rock drummer!

Where do you usually run?

I usually run around the cycle paths of Harlow or out in the country lanes early in the morning as it's safer with less traffic, although I love to run off road in the summer. In the last year I have been doing a few runs in central London. I also love running in my wife's home country of Japan in the mountains, where I rarely see another runner.

What do you think about while running?

Like many runners with busy professional lives (I'm a senior Physiotherapist with a special interest in the management of running injuries) and young family, running is my therapy so I try not to think about anything and concentrate on the experience of running that route on that particular day. We have a 'no negativity' rule on our runs.

You have 42 gold medals – five from the Paralympic games and 37 from other major championships! – is there any win or race that means the most to you?

"The 1500 has a special place in my heart as it is the perfect balance of endurance and speed"

ABOVE: Proving that disability or illness shouldn't stop you from aiming high

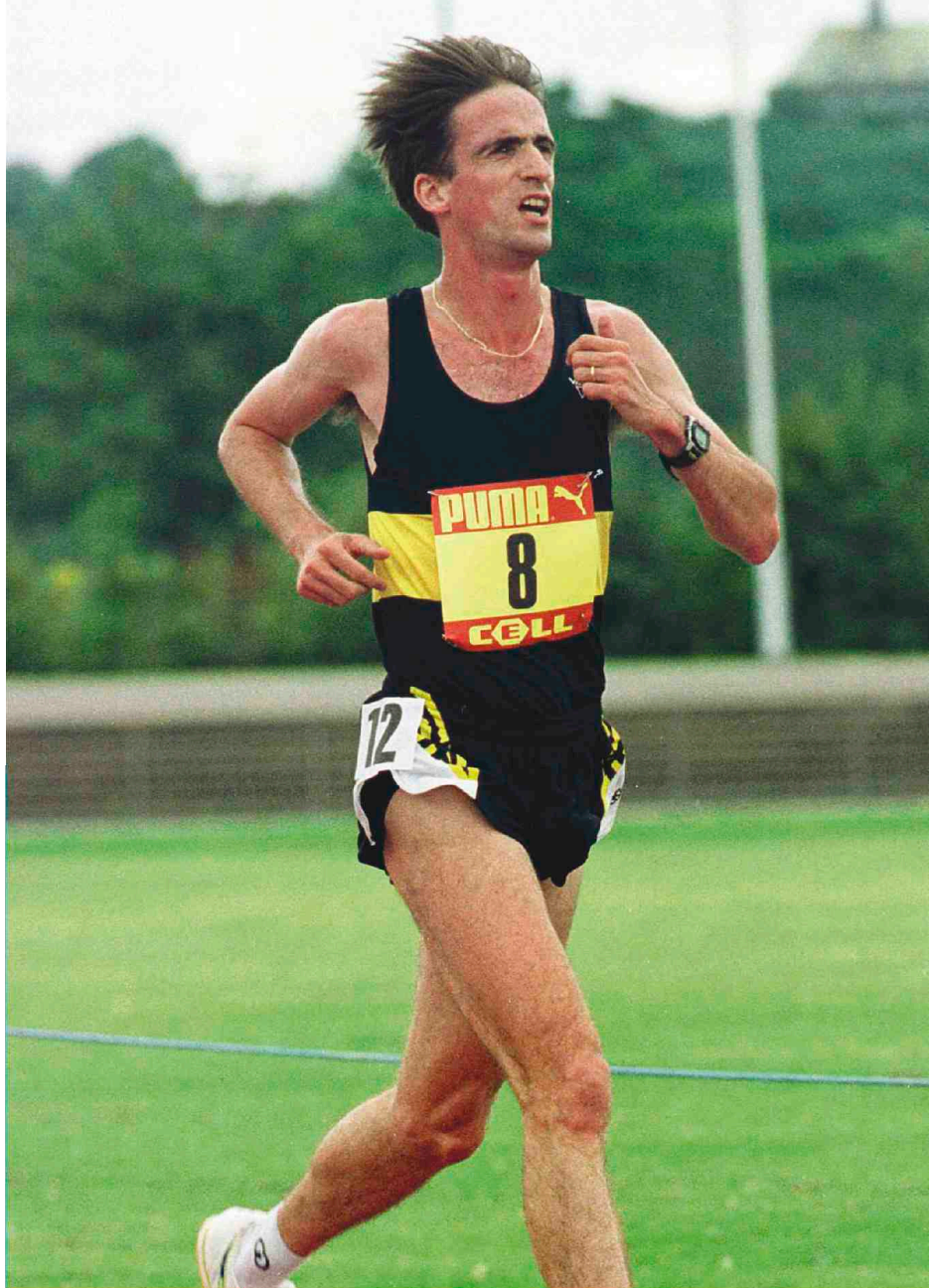
ABOVE RIGHT: Noel was included in the Hall of Fame in 2008, which honours those who have made an outstanding contribution to the sport of athletics in England

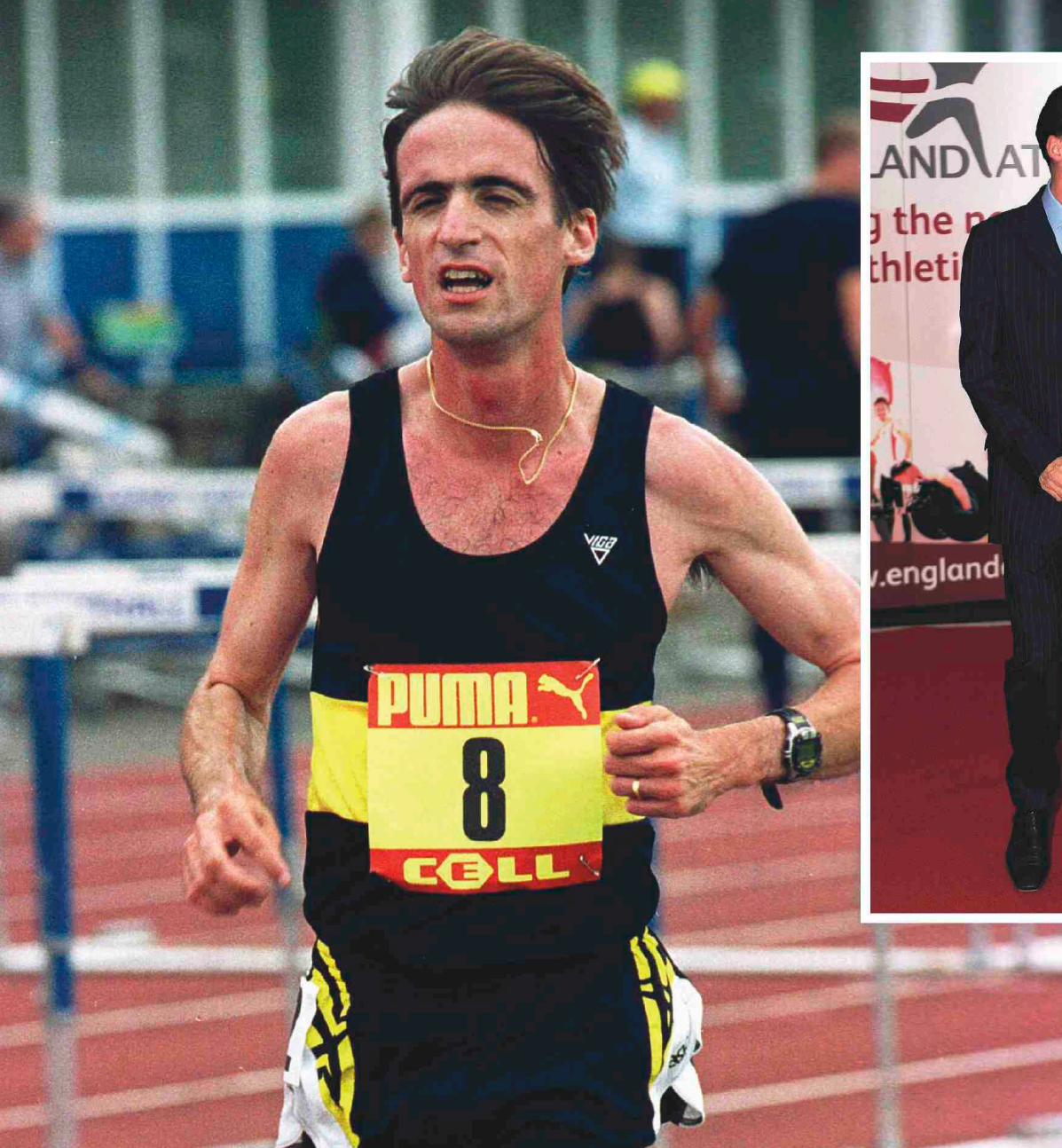
Winning the 5k/10k double in Atlanta carrying a stress fracture was a very proud moment as it not only represented a huge triumph, psychologically, but also was a real testament to the medical team who got me to the start-line and to my teammates who kept me together mentally. Every gold was special in a different way as you are never quite the same runner on the same day. I am very proud of my longevity in the sport.

You've set 10 World Records from 400m to 10,000m, and you've got PBs in everything from 100m to marathons. Do you have a 'favourite' distance?

I think the 1500 has a special place in my heart as it is the perfect balance of endurance and speed, and requires an acute tactical awareness. The marathon is my nemesis as despite running 2.34.55, I have never completed a marathon without walking.

Have you had any serious injuries? What helps you get back into running afterwards?
Achieving performances/winning medals and





managing injury are two parts of the same process. I've had many injuries but have never missed a championship due to injury (see Atlanta). Listening to and understanding your body is the most important quality in avoiding injury. This is something I try and teach my patients now with varying levels of success. I would also say that many runners lack basic strength and it's no coincidence that my best performances came when I was doing the most gym work.

If you could run anywhere (having access to any place on earth, even if it meant stopping traffic, or dropping in by helicopter), where would you like to go, and why?

I would love to run the length of Japan, which is a project I have been talking about with Marathontalk co-host and parkrun UK manager Tom Williams for a while, so if you can make that happen, please get in touch.

Who are your sporting heroes and inspiration?

Sporting heroes would be Seb Coe and Dave Moorcroft, both of whom I have been fortunate to meet on several occasions and, in the case of

Dave, run with many times. I am a massive fan of the tradition of British distance running.

What got you into physiotherapy?

I got into physio, like running, by chance as one of my Paralympic team-mates persuaded me to look into it. I enjoy the variety and the challenge of helping patients achieve their goals. Like running, people try to make certain aspects of physiotherapy overly-complicated and inaccessible which distances the patient from the process. I believe in simple principles applied specifically.

Do you have any tips for someone who is nervous about running due to their health?

My advice for new or nervous runners would be to find your local parkrun community, who will welcome you with open arms and give you the support you need to enjoy it. Similarly, for those with a disability there has never been more help available with initiatives like Paralympics GB's Sportfest, and the England Athletics guide-runner education programmes providing great opportunities for anyone to try running. ●

What is your favourite...

Part of your training regime?

Favourite session would be an hour as hard as you can do it

Post-workout snack/meal?

Anything Japanese which my wife cooks

Piece of kit or running gadget?

Kit would be my ASICS Japan racing shoes. But no gadget will ever make you run faster than your own will

Way to relax?

Having my three-year-old son jump on my head several hundred times



Follow Noel at:
@noelthatcher

Staying true to your GOALS

Hit your targets and stay motivated by discovering what running really means to you. Follow *Rf*'s blueprint for setting and **ACHIEVING GOALS** that are right for you

WORDS Evie Serventi

In terms of running, an activity which involves tangible progress measured by comparing your times and ability (as well as your level of enjoyment) with peers, the skill of staying true to yourself and your own goals is crucial for the social benefits of running, for avoiding injuries and accumulative fatigue, and for maintaining your running mojo for years to come.

WHO ARE YOU?

Achieving your goals stems from staying true to your goals, which emerges from knowing your 'self' inside out, having autonomy, and being true to your own 'course'. I can hear the groans from here ('oh no, not more self-help speak!') but rest assured, it's science. Researchers have found that autonomy promotes intrinsic goal orientation and in turn, drives motivation. In other words, the more comfortable and clear you are about your purpose and where you are in life, the more likely you will be to make realistic and achievable goals. You'll be less inclined to need to prove yourself to others and more focused on achieving what it is you really want.

This philosophy for running goals is true for every aspect of your life.



Embrace the weather as part of your relationship acceptance with running

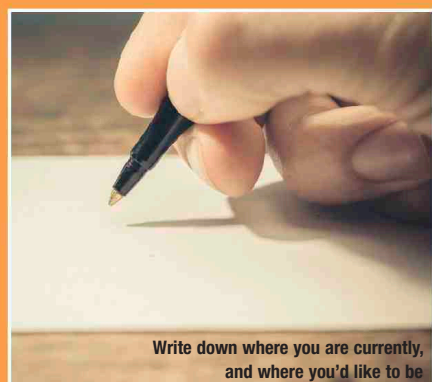
DEVELOP A HEALTHY OUTLOOK

At nearly 50 years of age, counsellor Jon Hazell is experiencing a peak with his running, largely due to reflecting on past experiences and discovering that running is a relationship, which requires love, acceptance, flexibility, communication, honesty, and commitment.

"It's common to think of relationships as only existing between people. To me, a healthy relationship with running requires all of these things in order to be fruitful, productive and enduring," explains Jon.

"My main motivation for running is a love of the experience. It's sometimes hard, always challenging and often uncomfortable, but that's all part of running's rich tapestry. When we love running we embrace all aspects of it.

"At the ripe old age of 48, I'm finding that my relationship with running is healthier than it ever was," adds Jon. "I run more regularly, have increased my mileage and am enjoying my longest period injury-free. My 10k split times for the October Cardiff Half showed my pace was the same as when I completed it in my thirties. Why is this happening when I'm past my physical peak? I believe it's to do with the quality of my relationship with running."



Write down where you are currently, and where you'd like to be

START SMALL, WRITE IT DOWN

Switch off your phones and email, and switch on your conscience!

With a pen and paper, sit quietly for 10 minutes and evaluate what your intention is in terms of running. Start by writing down where you are now with your fitness and aspirations. For example, perhaps you are new to running and head out a couple of times a week on your own, and you would like your goals to be a) become a more confident runner; b) gradually increase your

mileage; and c) run with others for 50 per cent of your runs. So now's the time to make a plan.

Team up with a friend who is also keen to start running, or find a local running club to approach so that you start to meet other runners. While it can be daunting turning up as a 'newbie', stretching your comfort zone will automatically build your confidence. You'll then find others to run with and be likely to increase your mileage by finding new routes and getting to know your neighbourhoods.

**STAY FOCUSED**

Races and events can be great incentives and can help keep you motivated to stick to your training schedule, yet they can also be a distraction that steers you away from your true goal or 'course', which could be to simply become more confident, run more regularly, find a running buddy or complete a marathon in six months time (see our expert Q&A on p.56).

Sam, for example, is a 36-year-old runner who was training for a marathon with a seven-month lead up. While he had pencilled in some half marathons and also wanted to complete a few 10k races along the way to gauge his progress, he didn't follow a structured training plan or even have an idea of how much running he wanted to do per week. He preferred to 'not plan' and take each day as it comes. But he didn't bank on doing a full marathon five months into his training plan.



Make sure the race you enter is the right one for you

CHOOSE YOUR OWN ADVENTURE

"I was on track when a friend suggested I enter a local marathon two months before my goal/marathon. I thought it was a great idea – I was full of confidence and training well, and thought it would be motivating to have a running buddy. I felt a bit of pressure to enter because he was a good friend, which was silly, looking back. He had no expectations – he was simply making a suggestion – the choice was mine!" recalls Sam.

"My training instantly became heavy

with pressure and while I did the first marathon, I got a niggle which didn't quite clear up and made the remaining two months of training for my marathon tough and stressful. As I feared, I didn't enjoy running in my marathon and was disappointed. My relationship with running had completely changed because I lost sight of my true goal. Now, I re-evaluate what running means to me every couple of months. Sure, I enter races but always make a decision based on what's best for me and my current fitness."

CHECK IN REGULARLY

Sam's experience is common. After all, part of the fun of training for a race is the social banter and the 'sharing the pain' subtext of doing sessions with others. That's part of the attraction of signing up for a race. Yet it's important to keep your running aspirations and true goals in your mind's eye, so that you make decisions that propel you forward with confidence, rather than pull you back with pressure and fear.

Getting to grips with your true goal/course (internal driver) will empower you to make better informed decisions. You then learn to respond to, rather than react to, opportunities that present (external drivers). Fiona Bugler let encouragement from her

peers override her gut instinct, when training for a goal time of sub 3.15 for the Amsterdam marathon last year. If she ran under 1.30 for a half, she would have been on track to achieve her goal time for the marathon.

"I ran 1.34 in the Barns Green Half. After that, I should have gone with my instinct and waited. I listened to other runners who encouraged me to stick with it and do the marathon as I had done all of the training. It's the normal thing people say. I also felt some kind of obligation, but really no one really cared if I ran or not – except me," said Fiona, who today always listens to her gut instinct and regularly takes stock, thinking more about what running means to her and how it fits in with her lifestyle.

SHOUT FROM THE ROOFTOPS

Socialising or simply telling those close to you about your plans and goals acts as a safeguard in two ways: you are more likely to commit to your goals and stick with your training plan if you know others know about it and second, friends/spouses can often act as devil's advocate, simply by asking a question that helps you re-group.

For example, let's say you are training for a half marathon and have a month before race day. You talk with your spouse about taking a week's holiday, two weeks

from race day. Your spouse asks you how you are going to continue running and training while on a remote island. This might be something that has slipped your mind, but those close to you can help you keep a clear perspective.

"Communicating our goals with others is also a potent way of enhancing our commitment to, and our chances of, achieving a goal," agrees Jon. "We also need to be flexible in relation to our goals; if there's an obstacle, be patient with yourself and find a way around it." ●

CREATE A FRAMEWORK

Once you know what you want from running and have identified your goals, or the function that running provides for you, creating a loosely structured schedule can help you stay on track. This schedule can include things outside of the physical side of training, such as: Wednesday: write a diary entry about my progress; Thursday: research new running shoes/kit. Keep this framework somewhere that ensures you will see it a few times a day. This will help you avoid getting distracted as well as help you see running as a part of your lifestyle, rather than something you have to do.

"As a younger man, running served a number of functions," explains Jon. "It was a means of keeping fit, maintaining a healthy weight and managing stress. Although running was important, it was something that I did in order to achieve certain benefits. Chasing these benefits often led to periods when the relationship faltered, through feeling that running had become a duty."

ABOUT THE EXPERT

Jon Hazell works as a counsellor and trainer. His personal experience of the healing power of running informs his work with clients. Jon is in the process of writing a book about his running journey and can be contacted at: thomas@jonnyhaze.plus.com

WEAVE SUCCESS

Running fitness columnist and certified coach Tony Phillips shares his views on running and the lessons we can learn for life

"Success is the sum of small efforts, repeated day in and day out"

Robert Collier

My mile each day is now so ingrained as a habit that although I still have to overcome my resistance most days, it's a foregone conclusion that I will run my mile. Anyone who knows me understands that it's now just what I do. But this isn't the case in all areas of my life.

I've had a lot of experience making 'to do' lists at the start of each day only to find that at day's end there are more tasks on my list than I started out with! It's very disheartening when this happens and never feels like a successful day.

When I've done this a few times, looking at my 'to do' list in the morning feels like facing a tough challenge akin to pushing water uphill.

THE PUSH VS. PULL APPROACH TO GOAL SETTING

A technique I've used many times to help people set inspiring goals involves getting them to imagine themselves having already achieved their goals. I get them to tune into their three main senses by imagining what they will see, what they will hear and what they will feel.

Imagining a successful future can transform a heavy list of things to do into checkpoints along the path to an inspiring vision of success, so that the heavy push-type approach turns into one where you're being pulled along, which doesn't feel like hard work.

I've mentioned in a previous month's column

Daily visioning is a powerful way to deal with distractions or temptations

that when there's a long period of time between setting a goal and achieving it, when actions haven't yet become habits, there's a danger of disillusionment creeping in and derailing achievement of the goals.

DAILY SUCCESS

But what if you created a short-term vision on a daily basis to help embed those new habits right



from the start?

What if you imagined at the beginning of each day what a satisfying successful day will be like when you've achieved it? In my experience this usually looks like completing, or making progress on, three to five key actions or tasks that you know you can easily achieve if you focus. If you cram in more than five, it changes the pull back into a push and dissipates your energy.

Daily visioning is really powerful and a great way to deal with distractions or temptations that arise each day.

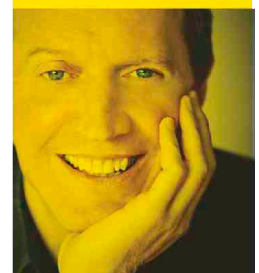
When faced with the choice of whether to make progress on my key actions or to succumb to a distraction, the inspiring

vision of my successful day is powerful and close enough to pull me through.

As Horace Mann, the American politician and champion of universal public education, said, "Habit is a cable; we weave a thread of it each day, and at last we cannot break it."

If you want to use this technique to set up a daily mile habit, I can assure you it works.

What new habit will you weave this month? ●



ABOUT THE AUTHOR

Tony Phillips is a personal coach working with entrepreneurs and leaders in business. An enthusiastic back of the pack runner, he is fascinated by the lessons running teaches about life. His mission is to make running a fun and sustainable part of his life. Find him: @aMileEachDay or www.coachingapproach.co.uk

IN ONE EAR – AUDIO TECH

The latest generation of **SPORT HEADPHONES** are raising the bar on innovation

Do you listen to music while running? Have you found a pair of headphones that are any good? Because I went through a period of time where nothing stayed in my ear. I tried so many different brands and models of 'sport' ear buds, but they all inevitably flew out while running, forcing me to stop and readjust. I finally settled on a pair of on-ear, snappily titled, SHQ5200s from Philips and haven't looked back since. Until now.

Much of the news and hype around fitness technology centres on activity trackers – particularly wrist worn activity trackers. Wrists get all the limelight; ears get shunned. But don't let it be said that I neglect ears, as over the next few hundred words I'm going to tell you about some of the most innovative cans coming to an online retailer near you.

This year we're likely to see an influx of smart-headphones and the cleverest of the group is potentially Bragi's Dash. I say potentially because the Dash appear too good to be true at times. Bragi claims to have packed 4GB of on-board storage (so you can carry around 1000 songs in the earphones), 3.5 hours of battery life, a media player, an accelerometer, a heart-rate monitor and an oxygen saturation sensor, into two separate wireless ear buds. Oh, and it can tell your temperature, track calories burned, uses Bluetooth 4.0 and has a touch control interface.

To have that much functionality carefully rammed into something small enough to fit into your ear sounds more magical than masterful to some. As such, Bragi has been the victim of much scepticism since its Kickstarter campaign for the Dash was funded. But the company is working hard to dispense with its magic beans reputation and is getting working versions of the Dash into the hands of journalists (not me yet, unfortunately). So far, the feedback is good.

You have to feel sorry for anyone trying to follow the Dash and its action-packed buds. But Parrot doesn't want your sympathy – it wants your cold hard cash in exchange for its new Zik Sport headphones.

The Ziks don't quite possess the Dash's abundance of functionality, but are still shining examples of how sport headphones are coming on leaps and bounds technology-wise.



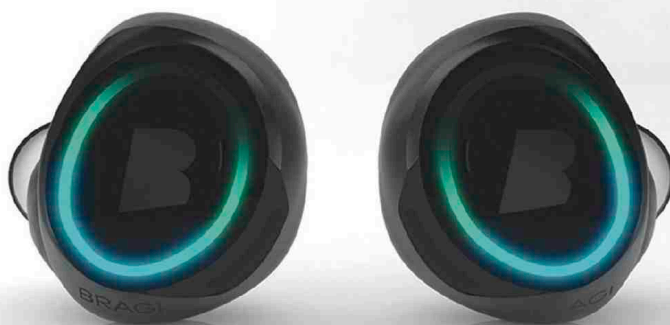
ABOUT THE AUTHOR
Dave Standen writes about running, technology, and running technology. Follow him on Twitter @DavidStanden

They have a built-in accelerometer that measures heart-rate, steps, cadence and how long your feet are in the air when you run. They also have adaptive noise-cancelling ability that isolates external sound, depending on your environment.

Wrist-based devices – the smart-watches and the fitness bands – will continue to dominate the next wave of activity trackers. But there's a sense that we've been here before, where the market has been flooded by numerous competitors offering marginal differences in all too similar products. But not everyone wants to

wear a computer on their wrist 24/7. So there's still a space for sport specific technology that you can put back in the drawer, or your favoured storage area, after you've finished your workout. And that's the space where companies like Bragi and Parrot can prosper. ●

Have you found a pair of really great headphones? Share what you love about them @Runfitmag or on Facebook.



THE BRAGI DASH IS MORE THAN JUST HEADPHONES; IT STORES MUSIC, TRACKS HEART-RATE, TEMPERATURE AND CALORIES BURNT. BUT IS IT TOO GOOD TO BE TRUE?

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NEXT MONTH

April issue on sale March 6th

MARATHON GUIDE - THE RACE

*It's finally here: all 26.2 miles! Don't miss
our last instalment to run your
best race ever*

THE RUNNING CURE

*Could running improve your mental health?
Find out from those who beat the blues*

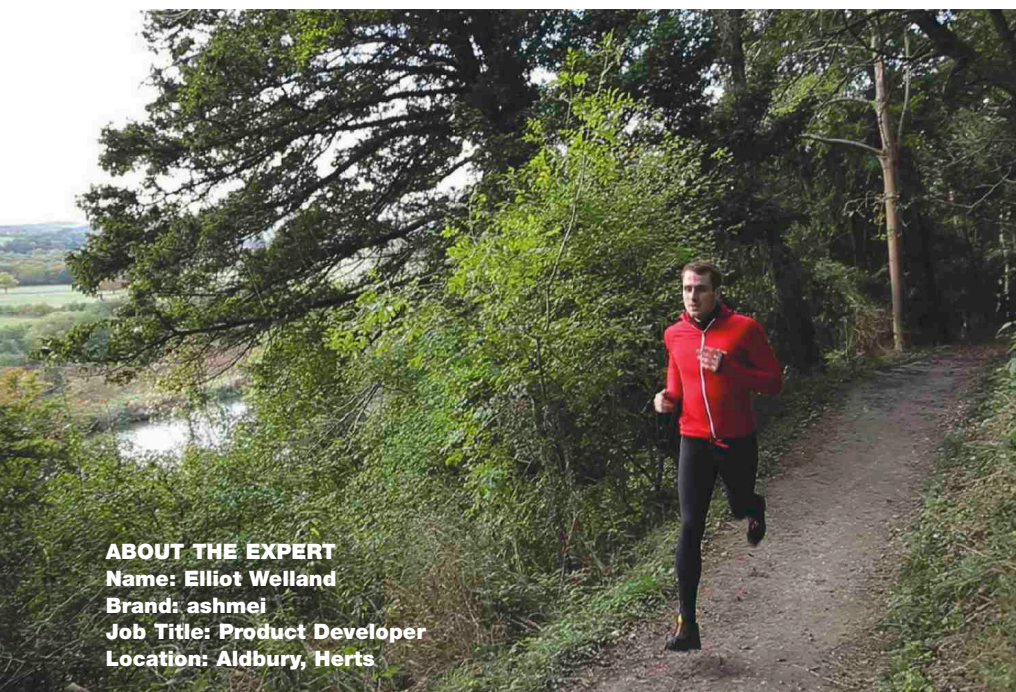
DIET CHANGED MY RACE

Wonder if your diet could
be affecting your
performance?
We reveal
the truth

PLUS all the latest shoes, kit, and health
and fitness advice, as well as hundreds
of events to help you pick your races

BEHIND THE BRAND

This month we went **BEHIND THE SCENES** and chatted to ashmei's owner and product developer



ABOUT THE EXPERT

Name: Elliot Welland

Brand: ashmei

Job Title: Product Developer

Location: Aldbury, Herts



Q What is your job role, and what does a typical day involve?

SB: I own the business and also look after all of the design. No one day is ever the same but I generally lead the team, communicate with suppliers, journalists, gear testers and distributors.

My day starts at 7am trying to clear as many emails as possible before I get to the office at around 8am, when I concentrate on finance before the team arrive at 9am. From then on we work as a team and we share one long desk so we can communicate very easily. It works really well as everyone gets an overview of what is going on within the business and can chip in as and when.

EW: As product developer I'm involved in the entire product process, especially as it's in a tight-knit team such as at ashmei. This spans product concept, technical research, materials selection/

creation, sourcing, and liaising with suppliers. Finally finishing with a complete product.

Q Tell us about your running?

SB: Not enough. I actually run less since I started ashmei. I used to run three times a week minimum, and around 20 miles overall. Now I am lucky if I get out twice a week and for a quick five miles.

We just launched Cycle and Triathlon and so I have invested in a bike, and we plan to get out as a team on the bikes as often as possible to brainstorm and discuss issues sat on the saddle, rather than around the table. It's much easier to do this on the bike than running, especially when you run with a team that are half your age... All they hear is me panting heavily.

EW: I run whenever I can, however with

London training looming, my frequency and intensity will be more scheduled over the upcoming months.

Q Do you have favourite running route? Or music track?

SB: I no longer listen to music whilst I run – I used to but I now love listening to the world. If I run alone then I use it to clear my mind. I think things through much quicker if I run as there are no disruptions.

I love to run first thing in the morning. Our office is next to the Ridgeway and Ashridge Estate. It's fantastic to run early in the morning, watching the world wake up. The wildlife is amazing and Ashridge is full of deer who move around the woods so you can see hundreds on a run.

EW: With Ashridge and The Ridgeway on our doorstep, there are a thousand trails

ABOUT THE EXPERT
Name: Stuart Brooke (in white)
Brand: ashmei
Job Title: Owner
Location: Aldbury - UK



Softshell Running Gilet, £130
This gilet has a softshell front and a rear to protect from wind, plus merino panels to improve wicking



Merino Wool Running Sweatshirt, £100
Made to regulate temperature, it can also be worn as a base layer

development within our range is our MERINO+CARBON that wicks 10 times faster than 100 per cent merino wool of the same weight and construction. It wicks, dries and regulates your temperature, keeping you warm in the winter but cool in the summer.

EW: The biggest technical development has to be wearable technology, but it hasn't really affected what we do at ashmei, not yet anyway. Fibre technology has been huge for us, some of the bespoke fabrics we have created weren't possible until recently.

Q Have you any thoughts on running clothing for the future? Are there new technologies around the corner?

SB: Always.

We design differently as ashmei. We start with the fibre and work from there. Once we have identified the best fibre for each part of the body, we start to develop bespoke materials. It's development like this that keeps us several steps ahead and as fibres develop, our range will too.

EW: As touched on above, wearable technology will begin to find its way into the mass market.

Q Who would be your greatest runner of all-time, and why?

SB: I guess the four-minute milers, but especially Chris Brasher. I had the pleasure of working with Chris at Brasher Boot some 20 years ago and his non-compromise approach to product and business was a great inspiration, oh and the fact he was still running some serious miles.

EW: Robert Gaddie (and he'll be well chuffed if you print this!). He is a colleague of ours, a training partner, motivator and bringer of cake, but also a very good runner and sets a good benchmark for our runs.

Q Sum up what running means to you in three words?

SB: Escapism, escapism, escapism.

EW: Cake, wine, more.

Q Finally, if you were to give one piece of advice to someone buying running clothing, what would it be?

SB: Invest in the best you can afford. Running can be a cheap sport but you get what you pay for in life. If you buy good gear you will feel more comfortable. If you feel more comfortable you will run harder and longer.

EW: Buy quality, buy once. **●**

"THE BIGGEST CHANGE IS ASHMEI. I STARTED THE BRAND [...] TO MAKE A DIFFERENCE"

we haven't explored yet.

Q Have you a favourite piece of clothing?

SB: It has to be our softshell gilet. It's such a useful piece of kit. It keeps the core warm and protected but stops you from overheating. I only run in ashmei!

EW: ashmei, but I'm clearly biased! For footwear, I wear Salomon Speedcross on the trails and they're a decent piece of kit.

Q What do you think has been the biggest technological change/

development in clothing over the last few years, and how has it affected your brand in particular?

SB: Within running not much has happened since the 70s. The technology is principally the same. Nasty synthetics that heat you up and make you sweat and smell. Sure they wick and dry fast, but they need to as they warm you up fast too.

The biggest change is ashmei. I started the brand to do exactly that – make a difference. Every style within our running range uses merino wool with blends we have developed ourselves. The biggest

ALL SEASON STARS

With spring weather feeling distant, our pick of **ESSENTIAL KIT** will see you through

1 BROOKS ESSENTIAL ½ ZIP, £40

A great ½ zip for all seasons. Although it's soft and light, it has wicking technology to keep you comfortable, and also has reflectivity features to help you be seen when light is poor.

www.brooksrunning.co.uk

2 KARRIMOR RUNNING REFLEKT RANGE

Jacket **£59.99**, Long Sleeve Top **£24.99**, Tights **£19.99**

This season, Karrimor have introduced a range of clothing with substantial reflective features which only stand out when light hits the fabric. The upper half of the jacket makes you stand out like a Christmas tree, whilst the top and tights have slightly more discreet 'Reflekt' panelling. In addition to the reflectivity, all the products have the features you would expect running clothing to have.

www.karrimor.com

3 SUNDRIED FITNESS WEAR T-SHIRT, £30

Founded in Peru, Sundried have a whole range of products for the fashion-conscious amongst us. The 'Run' and 'Triathlon' styles are great for showing off what you love doing, and although they are not as technical as some other brands, the 100 per cent organic ring-spun cotton feels great for casual use. Available in a variety of colours and styles.

www.sundried.com

4 NIKE ELITE RUNNING

TRAINER SOCKS, £8.49

These no-show socks from Nike offer three different layers of cushioning, making sure that you get the right protection where you need it. The arch area has a supportive band creating a great fit, with the Dri-FIT fabric aiding breathability.

Available in black, Fluo Yellow, Royal and white.

www.sportsdirect.com

5 NIKE SHIELD LIGHT JACKET, £160

If you are looking for a jacket to protect you from those sharp, spring showers, the Shield Light Jacket is just for you. Storm-FIT 5 fabric is positioned on the chest, shoulders and upper arms to keep out the wind and rain whilst additional zoned panels allow for breathability. There are two zipped side pockets, an adjustable hood which can be removed for when the weather improves, and discreet reflective detailing.

www.store.nike.com

6 THE NORTH FACE DREW PEAK HOODIE, £60

We love to snuggle up in a hoodie, and this one from The North Face gets full marks. It's nice and warm thanks to the brushed fleece lining, the hood can be pulled up to give extra comfort, whilst the kangaroo-style pockets can hold your essentials items or be used to warm up your hands. On top of this, it looks great too! Available in eight colourways.

www.thenorthface.co.uk



1



3



5

2



4



6

STEW'S HOT PICKS

Get your fuel right, and you'll be running stronger than ever this month



MYPROTEIN RE:CHARGE, £22.99 (1.5KG/30 SERVINGS)

Myprotein don't just offer nutritional products containing protein but a whole host of other products too. We liked the RE:CHARGE recovery drink as it could be mixed with water (rather than milk) and although it tasted more tropical than orange in flavour, it was still a fruity taste containing carbohydrates, protein and electrolytes.

www.myprotein.com

MAXIFUEL VIPER ELECTRO TABLETS, £6.99 (14 TABS)

These electrolyte tabs from Maxifuel are a simple way to ensure you replace the salts lost through sweating during exercise. The tabs contain a mix of five different electrolytes (sodium, potassium, magnesium, calcium, and chloride) and only have 10 calories.

www.maxifuel.com



MULTIPOWER MULTICARBO JELLY, £1.60 EACH

Multipower have over 30 years' experience in sports nutrition so they know a thing or two, and they have come up with a solution for runners who want a quick energy boost on the run but dislike the texture of gels. Multicarbo Jelly is basically a block of orange flavoured jelly which we found easy to bite into, and was easy to digest with the energy coming from Isomaltulose (a source of glucose and fructose).

www.multipower.com/uk

HIGH5 RACE PACK, £14.99

High5 have a wide choice of energy products available, and probably the best way to find out which of their products work best for you is by trying out their race pack. We loved the IsoGel as it has the same effect as normal gels but is not as thick in consistency and is easier to swallow, also you don't need to take water with them (however we did). The berry flavour definitely got the thumbs up.

www.highfive.co.uk





ABOVE: parkruns take place every week, in sunshine and rain, frost and snow

BOTTOM LEFT: Some runners wear their club vests, which publicise their running clubs

BOTTOM RIGHT: Volunteering is a great way to keep involved when you're injured and can't run



parkrun

more than just a run

The widely growing **PHENOMENON** of parkrun has been adopted by 10 countries. *Rf* finds out what makes it so popular **WORDS Debra Bourne**

Every week, at more than 500 locations worldwide, people gather for their Saturday morning ritual: running a parkrun. This running phenomenon, which started 11 years ago in London, has now spread to 10 countries and involves about 80,000 people each week – running, walking, jogging; in wheelchairs, with a dog or pushing a buggy – even more when you add in the thousands of volunteers, and the children taking part in the growing number of 2k junior parkruns on Sundays.

IN THE BEGINNING...

On 4 October 2004, 13 runners ran a free, timed 5k in Bushy Park in south-west London, organised by Paul Sinton-Hewitt. Paul had benefited from free, timed runs organised by running clubs in Johannesburg, South Africa, when he lived there. Now, injured and unable to run – and between jobs, so with time on his hands – he wanted to give back to the running community, as well as to keep in touch with his running friends. He decided to start a free, weekly, 5k time trial.

Paul discussed the idea with some of his friends, particularly Jim Desmond and Duncan Gaskell, and they agreed to help. The first run was very low-key: times written down from a stopwatch and each runner writing their name and finish position on a clipboard in the back of Paul's car. The results were sent out to all members of Ranelagh Harriers, the club to which Paul and most of the runners belonged. The event, named Bushy Park Time Trial (BPTT), grew by word of mouth. A year later there were 155 runners; by the second anniversary that had grown to 378.

From very early, the event attracted not only fast club runners wanting to test themselves on the flat, measured 5k course as part of serious training towards 10ks and marathons, but also a much wider range of people, from beginners to

older veterans. Unexpectedly, participants soon became very loyal – even addicted – to the event and some, such as Darren Wood, turned up every week. Paul ran with his dog one day and other runners soon brought theirs as well, while busy parents even started pushing their babies or toddlers around in a buggy.

EXPANDING FROM BUSHY PARK

In January 2007, Paul and the team started a second run five miles away at Wimbledon Common, with a third event, at Banstead Woods in Coulsdon, Surrey, soon following. By the end of 2008, BPTT had 10 'children', as far south as Brighton, north to Leeds, Middlesbrough, Bramhall and Glasgow, and across to Cardiff. During this time the event names changed from 'Time Trial' to 'parkrun'. The new name better

captured the inclusive nature of the events, encouraging more and more people to participate.

Growth continued, with people starting up more events either because they had visited a parkrun and wanted one closer to home, or they had got hooked, then moved house and missed their weekly parkrun. By early 2011 there were 50 events, by early 2012, more than 100 and in 2014 the number passed 300 in the UK.

IT'S FREE – BUT DON'T FORGET YOUR BARCODE!

From the start, parkrun has been free. This continues to be a cornerstone of the events, along with the runs being 5k and timed. All that runners need to do is register online and bring their parkrun ID barcode (printed out) with them if they want to have their run registered and get their

parkruns are timed, but are not races. They attract runners of all ages and all abilities



WHY DO YOU LOVE PARKRUN?

@docofagesophie "It literally keeps me running! Community centred. Fresh air. Friends and advice. Readily available. Brilliant!"

@M_runner_keith "The local parkrun is amazing, brings all levels and great to see mums running with pushchairs/prams"

@IAMKat "Because @Wimpoleparkrun has lovely people, is one lap path and trail course with a hill, sheep and cows (and there is cake)"

Stephen Morrison "Love my Great Run Local as it enables new runners to run (or walk) in a supportive and relaxed environment and it gives me a chance to give something back (I coordinate it weekly) to running."



Join in the debate at [@Runfitmag](#) or [Facebook.com/RunningFitness](#)



Some courses have challenging hills, others are much flatter



PARKRUN VOLUNTEERING, AS MUCH AS RUNNING, CHANGES LIVES



time. It's really that simple. In return, they get – usually within hours of the run – their time, age grading, and whether or not they got a PB. Additionally, most events provide a weekly run report and often photographs of the runners, all available from the parkrun websites.

As if that wasn't enough, runners completing 50, 100 and 250 parkruns get a free technical T-shirt (under-18s also get one for 10 runs).

Initially, Paul bought all the equipment for each event, but gradually a variety of carefully-chosen sponsors came on board.

GOING GLOBAL

The export of parkrun to other countries wasn't planned. It developed mainly due to runners participating in parkruns in the UK, then returning to their own countries and wanting to take parkrun back with them.

When it came to getting parkrun started in South Africa, Paul didn't leave things to chance. In 2010 he invited his old friend Bruce Fordyce to run at Bushy parkrun the day before running the London Marathon. Bruce is a living legend in South Africa, nine-times winner of the great 56-mile Comrades Marathon. Initially reluctant,

wanting to rest, Bruce nevertheless took part and was an instant convert, amazed and delighted by the wide range of participants and the happy, smiling atmosphere. Now there are more than 40 parkruns in South Africa.

Other parkrunning countries include Australia (100+ events and an offshoot in Singapore), Ireland (20+ events), Poland (15 events), Russia (nine events), New Zealand (eight events), Denmark (six events) and USA (three events). Together with the 300+ events across the UK, these provide great opportunities for parkrunning when on holiday!

VOLUNTEERS

One of the great things about parkrun is that each event is managed by local volunteers. This aspect is of course essential to parkruns remaining free. However, parkrun volunteering, as much as running, changes lives. Through parkrun, volunteers have learned to stand up and speak to dozens or hundreds of people; to write 'Run Reports'; to take photographs of runners; and to organise events and manage volunteers. These experiences have helped people to discover new talents and to grow more self-confident. Additionally, volunteering has given people a chance to give something back to parkrun, to running or to their local community, and it has provided injured runners with something positive to do while they can't run.



parkruns may be on grass or on paths, but are always traffic free



"Every runner is timed in and within hours you know whether you got a PB!"

PARKRUN BEGINNERS

And, as many volunteers have discovered, in parkrun volunteering you get back more than you put in, with lots of smiles and gasped thanks from runners. It's hugely rewarding, including the pleasure of sharing with parkrunners each triumphant milestone: running the whole course for the first time; running PBs; reaching 50, 100 or 250 parkruns; running at 50 or 100 different events; and many more personal achievements.

JUNIOR PARKRUN

Just like the 5k events, the first 2k junior event was at Bushy Park. This was started by Paul Graham as a monthly event for four to 14 year olds in 2010, and now attracts hundreds of children (and accompanying parents) every month. Three other junior parkruns started over 2011-2013. Later in 2013 new weekly junior parkruns started up, with Ironman triathlon champion Chrissie Wellington spearheading the development of the weekly format (see *Rf* Jan 2015). By 2014 there were 35 junior parkrun events across the UK.

WHAT DOES PARKRUN MEAN?

parkrun is very simple in concept: provide a free, timed, traffic-free 5k run at the same time and the same place every week. However, seeing the growth – to more than 500 events worldwide and more than 800,000 people having participated at least once, with 1705 runners attending the 10th anniversary Bushy parkrun as part of a global total of 77,694, it's clear that it has

become much more than just a run in the park.

parkrun means many things to many different people. When Paul started the first Bushy Park Time Trial, he wanted to provide a means for runners to gauge their progress – which it has done. But he had absolutely no idea that it would be adopted by so many people who were not dedicated club runners. And he had no expectation that it would become so important in people's lives that they would start talking about Saturdays as "parkrunday".

Every week, parkrun gives tens of thousands of people an event where they can chase a significant time goal, or just jog around and chat with friends; get some exercise or run with their dog; improve fitness, control high blood pressure and cholesterol or fight depression; encourage a friend or a stranger to a PB; give their partner a lie-in while running with the baby in a buggy, or get some important 'me' time, forgetting about work and other worries for a while.

For serious athletes, parkrun provides a 5k speed trial whenever needed in their training as well as a chance to do a bit of their running in company. For beginners, it provides a supportive atmosphere where their achievements can be shared and encouraged. For families it provides something which everyone can join in, from babes in buggies upwards, with non-runners enjoying volunteering.

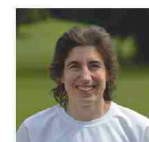
parkruns have become events where

birthdays and anniversaries are celebrated, stag or hen parties incorporated – even marriage proposals made. The post-run socialising at a nearby café or similar venue – deliberately incorporated by Paul right from the start, adds an additional, very important dimension and has helped each parkrun to grow as a community.

What parkrun really means is perhaps best summarised by Bruce Fordyce, who said that for him, parkrun could best be summed up in one word: parkrun makes people happy.

So if you haven't tried a parkrun, what are you waiting for? Find your local parkrun and join the revolution this Saturday.

More information can be found at www.parkrun.org.uk



ABOUT THE AUTHOR

Debra Bourne ran a half marathon in 2009 and by 2012 was running ultras. Whilst injured she started volunteering at

Lloyd parkrun and became the event director, which has changed her life. In 2013 she recognised a need for a book to celebrate parkrun's first ten years. *parkrun: much more than just a run in the park* was published by Chequered Flag Publishing and is available from the Wiggle parkrun store and other online retailers.



MENISCUS INJURIES AND RUNNING

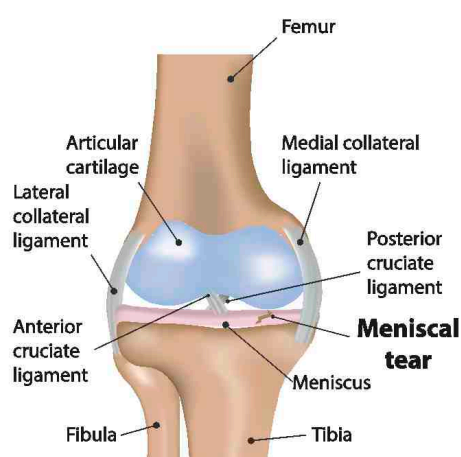
Have you heard of meniscus tears? Maybe not, but an increasing number of runners are **BEING DIAGNOSED** with this condition. So what is it, and how can we avoid it?

WORDS Matt Phillips

Not so long ago, the word 'meniscus' was rarely heard of in running communities. It belonged to the locker rooms of sports such as football or hockey, in which knee twists and/or impact at compromising angles are occupational hazards.

Recent studies however reveal that an increasing amount of runners are now being diagnosed with meniscus related issues (Fields KB, 2011 – *Running Injuries – Changing Trends and Demographics*).

We thought it would be a good idea to therefore familiarise ourselves with what the meniscus (plural menisci) are, and how they may affect us runners.



WHAT IS A MENISCUS?

If you have ever heard of somebody who has suffered 'torn cartilage' in their knee, chances are it involved a tear in one (or both) of the menisci. As can be seen in the illustration (left), the menisci are two C-shaped structures that sit between the upper leg thigh bone (femur) and the lower leg shin bone (tibia), one being on the inner side of the leg (medial meniscus) and the other on the outer side (lateral meniscus).

Menisci are often described as 'shock absorbers' (not my favourite term, as we will discuss later). They are durable pads made of fibrocartilage, a mixture of fibrous tissue (for flexibility and toughness) and cartilaginous tissue (for elasticity). They are also found in the wrist, acromioclavicular, sternoclavicular and temporomandibular joints.

Concave on the top and flat on the bottom, the main function of the two menisci in the knee is to reduce friction between the femur (thigh bone) and tibia (shin bone) during movement by lubricating the articular surfaces and spreading the load of the body's weight.

THE AVERAGE AGE OF A RUNNER WITH A MENISCAL ISSUE IS 43, WITH MALES BEING MORE AT RISK





The most common injury is through a twisted knee

HOW MENISCI GET INJURED

ACUTE TEARS

The most common way a meniscus gets torn is as a result of a forceful twist of the knee whilst all of your weight is on a fixed foot. This is particularly common in football when a player goes to kick a ball or twist quickly to pass a player, but their foot stays fixed in the ground. Rugby players face the same dangers, as do tennis players and skiers. This type of tear is referred to as acute, i.e. caused by a trauma at that moment in time. The extent and shape of the tear are a product of the degree of twist and angles involved, and also by any sudden unexpected forward or backward movement of the femur on the tibia. It is common to see a meniscal tear accompany injury of the anterior cruciate ligament (ACL), medial collateral ligament (MCL) or lateral collateral ligament (LCL).

CHRONIC TEARS

The forces and angles required to cause an acute meniscal tear can occur whilst running if you trap your foot in a hole or under a branch, or suddenly need to avoid an obstacle. However, this type of sudden injury is far less common than in the aforementioned sports. The meniscal issues that are becoming more common with runners are chronic tears that develop due to repeated small injuries to the cartilage, particularly in older people. Meniscal cartilage does not heal very well once torn, mainly because of low blood supply. Blood flow is significantly less towards the inside of the menisci and also decreases with age. By adulthood the central meniscus is avascular (very limited / no blood supply) meaning that healing rates are low. Research shows the average age of runners with a meniscal issue is 43 years old, with males being twice as likely to experience a tear.



Follow a programme of rehab and 'prehab', to return quicker after injury

WHAT ARE THE SYMPTOMS?

It is important to note that many runners have minor tears on the menisci and do not suffer any symptoms. As long as you work on your strength and conditioning (including some coordination and agility) you can run on minor tears.

MINOR TEARS

A minor tear may be accompanied by slight pain and swelling. The R.I.C.E. protocol (rest, ice, compression, elevation) should be applied, remembering that rest does not necessarily mean total inactivity. Recovery requires a gradual progression of whatever level of loading (weight bearing) is possible without causing over a three out of 10 pain. As always, pain should not be feared or interpreted as a sign that more damage is being done. There is no harm in experiencing mild 'warning pains' now and again. The secret is not pushing it too far or ignoring it when the warnings get louder. Even if initially you can only walk tentatively in a straight line, you will soon be able to progress to walking with zigzags, changing directions, performing a gentle hop from one leg to another, increasing the distance, progressing to hops on just the one leg, etc. A sports therapist or physiotherapist can help you design a suitable programme.

With R.I.C.E and a slow climb of the 'rehab ladder', the symptoms of a minor tear should clear within a couple of weeks. The rehab should progress into 'prehab' to ensure it does not return!

MODERATE TEARS

If the tear is larger or in a more

compromising position, you may well see more swelling and find it difficult to fully straighten or bend the knee. You may also feel a more localised pain on either the medial or lateral side. Twisting of the knee (either on purpose or by accident) may also cause a sharp stabbing pain.

Once again, you will need R.I.C.E and a couple of weeks of suitably modified activity and rehab. At first you may not be able to put any weight at all on the leg, in which case a crutch may be useful to close the gap between not walking at all, and being able to walk with a low pain. However, a constant effort should be made to test and see whether slightly more load can be added through supported exercise in a safe environment. Again, see a therapist to guide you through this process.

SEVERE TEAR

A severe tear will show itself by all of the symptoms above plus a clicking or 'locking' sensation in the knee (if the torn fragment interferes with normal knee movement), or an occasional sudden 'giving way' of the knee when you try and put weight on it. Never ignore these symptoms. They both present strong reason to go get assessed properly by a health care professional who will perform a series of tests, and advise you as to whether you should be seeking an MRI or arthroscopy (surgical inspection). Whilst research confirms running does not increase risk of developing osteoarthritis, ignoring the symptoms of a meniscal tear can increase risk of arthritis, especially if accompanied by factors such as advanced age, pre-existing damage, obesity.



Most injuries won't require surgery

WILL I NEED SURGERY?

The word 'tear' typically strikes panic. Fortunately, awareness is now growing of how certain terminology, by increasing fear and stress, can actually delay recovery. Describing a meniscus as a 'shock absorber' is a good example of a metaphor that may cause anxiety in some, an image of a vital structure 'wearing away' and needing 'replacement'.

With suitable activity modification, rehabilitation and subsequent strength and conditioning, many meniscus tears can be managed without the need for an operation. Though traditionally it was thought that if a meniscus tear had no chance of healing it should be removed, a greater attempt now is made to rehabilitate without invasive procedures. If, despite this, the tear continues to cause significant pain and knee dysfunction, surgical intervention may then be advised.

Most operations are performed by arthroscopy (a thin telescope) with the torn meniscus being repaired if possible, trimmed or removed. Arthroscopy is also used when symptoms suggest a severe tear to accurately diagnose it.

CONCLUSION

The menisci are important structures within the knee that reduce stress and aid stability. With severe tears, surgical intervention may be recommended to conserve as much of the structure as possible, but we should not regard menisci as body parts that need replacing as they start wearing down. Tears are a normal part of life, just like picking up injuries.

If you suspect you are suffering symptoms of a meniscal tear, see a sports therapist or physiotherapist so they can assess you. Chances are all you need is some advice on activity modification and a rehab programme. Our bodies are robust as long as we look after them by stimulating adequate strength and mobility via exercise outside of running. A lot of advice is given regarding footwear, diet and supplements, but the number one rule is do your strength and conditioning. ●



MATT PHILLIPS
EXPERT ADVICE IN –
INJURY PREVENTION

Matt Phillips is a run conditioning coach and sports therapist with a wealth of experience working with runners of all levels. He is based at StrideUK and Studio57clinics in Brighton, Sussex. Follow Matt on Twitter: @sportinjurymatt

ASK *the* EXPERT: INJURY

Our team of experts are on hand to answer your running-related questions, from training to nutrition, health to injury prevention

A meniscus tear

Q

Dear Matt,
I recently tore the meniscus in my left knee as diagnosed by MRI. It aches especially if I walk a lot. Driving a manual car didn't help, but I now have an automatic. It doesn't lock up and I can walk on it, but it does tend to ache the next day.

I can have surgery but I am slightly reluctant about this option

in case of complications. I desperately miss my running and wondered if you have any ideas for me to work around this? Thanks in advance.

Mark R, via email



A Meniscal tears are indeed becoming more of an issue these days for runners, possibly because the average age of a runner is on the increase. In sports like football, acute tears can occur as a result of sudden twists of the knee, but with runners the tears are more commonly chronic in nature, i.e. the result of minor tears accumulated throughout life (which may cause no symptoms) tending to heal less as we get older.

MRIs are designed to confirm a diagnosis, but should not be used in isolation to decide if surgery is needed. The symptoms, specific manual tests and

individual's case history are used to advise. Without examining you myself, I can't say for sure, but the fact that your knee is not locking up is a good sign that the tear may not be severe enough to warrant an operation. The symptoms of minor to moderate tears can often be resolved within two to three weeks through suitable activity modification, standard R.I.C.E protocol (rest, ice, compression, elevation) and most importantly rehab. It is important to remember that rest does not necessarily mean total inactivity.

Recovery from injury requires a gradual progression of whatever level of loading (weight bearing) is possible without causing over a three out of 10 pain. Pain should

not be interpreted as a sign that more damage is being done. It is a message of perceived threat not actual damage, so during the rehabilitation of an injury, mild warning pains should not be feared and are to be expected if you are progressing properly.

Once symptoms have been resolved, it is imperative that a regular strength and conditioning programme is put into place to reduce the chances of recurrence. This is particularly important for older runners, and by that I mean over 35 years. The menisci of the knee are made of fibrocartilage, a mixture of fibrous tissue (for flexibility and toughness) and cartilaginous tissue (for elasticity). Blood flow is

ASK THE EXPERTS

Do you have a question? Email the team at rf.ed@kelsey.co.uk

Twitter: @Runfitmag

Facebook: [facebook.com/RunningFitness](https://www.facebook.com/RunningFitness)

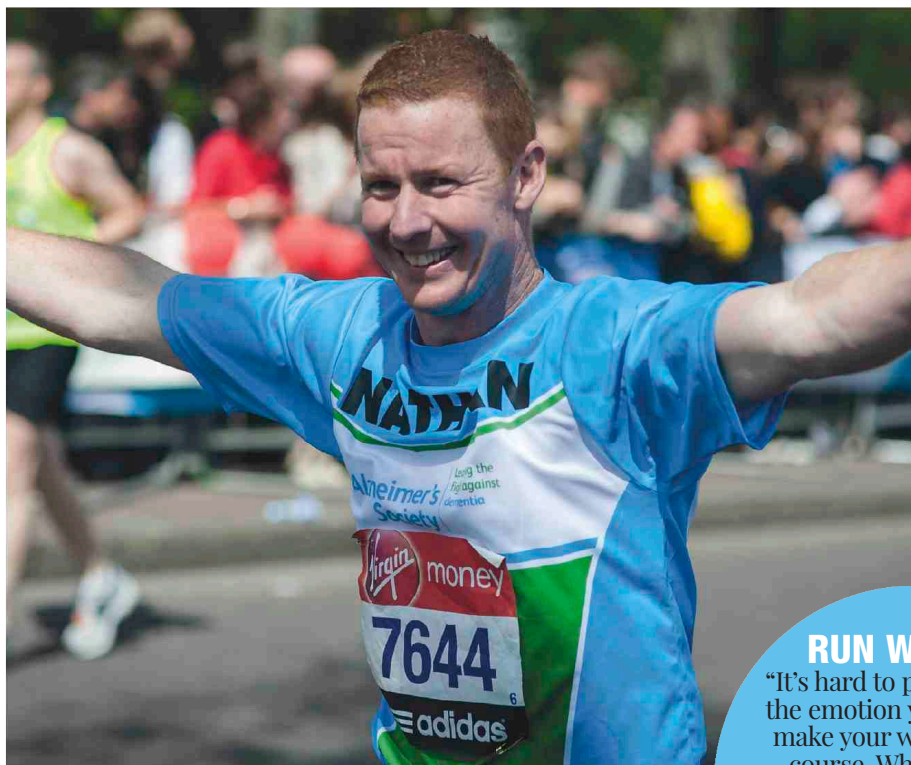
significantly less towards the inside of the menisci and significantly decreases with age. By adulthood the central meniscus is avascular (very limited/no blood supply), meaning that healing rates are low. So stay robust, do your strength and conditioning!

For more information on meniscus tears, see the preceding feature.

Good luck Mark!

RUN FOR A WORLD WITHOUT DEMENTIA

Take to the streets in 2015 for **TWO UNMISSABLE** running events – and join the fight against dementia



RUN WITH US

"It's hard to put into words the emotion you feel as you make your way round the course. When I run for Alzheimer's Society, I'm running for my mum and everyone else affected by dementia. I know the money I raise will help find a cure."

Carol Hayward

The iconic Hackney Empire. Stunning St Paul's Cathedral. Century-old trees and urban wildlife. These are just a few of the spectacular sights you'll pass when you join Alzheimer's Society for a London half marathon. Run with us and you'll be helping beat dementia as you pound the pavements of one of the world's most exciting cities.

We have places available on our team for:

VITALITY RUN HACKNEY

10 May 2015

Only in its second year and one of the top half marathons in the country, be inspired by world-leading athletes and run the grounds of the Queen Elizabeth Olympic Park.

ROYAL PARKS FOUNDATION HALF MARATHON

11 October 2015

Every year millions of visitors come from

across the globe to see the sights that line this royal race route: Buckingham Palace and Admiralty Arch, as well as Hyde Park, Green Park and St James Park.

RUN LONDON AND FIGHT DEMENTIA

Alzheimer's Society is the UK's leading support and research charity for people with dementia, their families and carers. We support people to live well with dementia today and fight for a world without dementia tomorrow.

Our vision is a world without dementia. And we need your to help make it a reality.

SUPPORT EVERY STEP OF THE WAY

Whether you're out to beat your PB, or take it easy as you take in the scenery, your run will change lives.

Join Team Alzheimer's Society and we'll share expert training advice to get you to the finish-line with ease, as well as

fundraising tips to make sure you smash your targets. We guarantee a great race day experience, with our amazing supporters out in force to cheer you on.

Join Team Alzheimer's Society and run for a world without dementia.

www.alzheimers.org.uk/running

OTHER GREAT EVENTS

Fancy Brighton or Berlin? Paris, Edinburgh or Cardiff? A 5k or a full marathon? Whatever you're up for we've got a running event to suit you.

And if you've already got a place in an event directly with the race organisers, we'd still love to have you on our team.

Find out more at:

www.alzheimers.org.uk/running



REMEMBER TO RUN LONDON

Vitality Run Hackney Half Marathon 10 May 2015
Royal Parks Foundation Half Marathon 11 October 2015

Join Team Alzheimer's Society for a half marathon in one of the world's most spectacular cities. Do something incredible this year. Run London and join the fight against dementia.

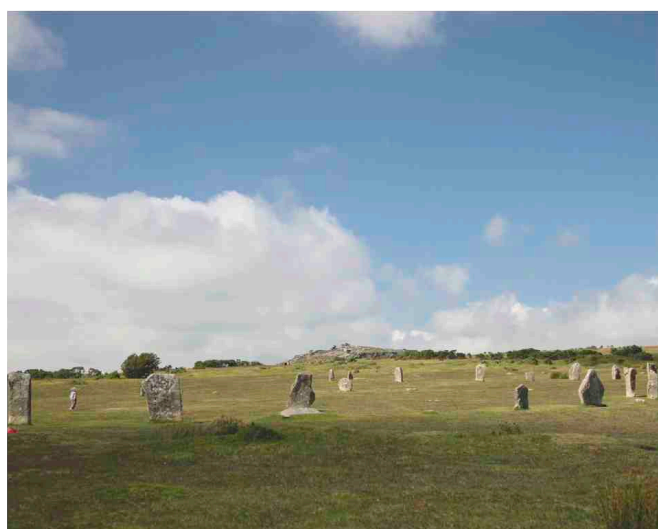
0845 306 0898
events@alzheimers.org.uk
alzheimers.org.uk/running

**Alzheimer's
Society** | Leading the
fight against
dementia

Alzheimer's Society operates in England, Wales and Northern Ireland. Registered charity no. 296645

GO WILD... CORNWALL

Let *Rf* take you on a journey to discover some of Britain's spectacular **MOUNTAINS**, **FORESTS** and **COASTAL TRAILS**, perfect for a wild run WORDS Jen and Sim Benson



“

Bodmin Moor's rolling grasslands are punctuated by great granite tors, rising from the surrounding earth like huge, rocky knuckles.

The landscape is dramatic and exciting, with excellent running underfoot and fine views all around. We ran up a clear track from Minions, the springy turf and inviting path past the Hurlers pushing us to pick up the pace faster than usual. We soon found ourselves racing each other towards the distant stack of the Cheesewring, bounding up the bouldery flank of the old quarry, where we finally stopped to look around and catch our breath. The spectacular views gave us an excuse to linger for longer, pointing out the fantastic running trails spreading in each direction. Remnants of the history of the area surrounded us, from the strange, toppling, granitic formation of the Cheesewring itself, to the stone circles and the old mine chimneys. Recovered, we launched back down the path, a fast, fun, freewheeling descent to the finish.”

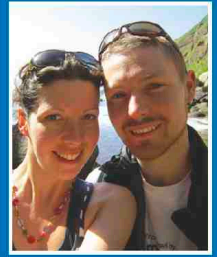
REMOTE AND DIVERSE

Cornwall is one of our favourite places to run, with a wonderful remoteness and diversity of landscape that lends itself so well to exploration on foot. It's a fantastic area to visit at any time of year, from the peaceful, temperate winters through daffodil-bright spring, to gloriously warm summer days. Almost a third of Cornwall has AONB designation, with the same status and protection as a National Park. We've run here many times; through ancient field systems and along the shores of creeks, across grassy heathland and following the spectacular South West Coast Path around the very edge of the peninsula. The beaches deserve a special mention – expansive, white sandy crescents that stretch between the rocky headlands – perfect for a barefoot run in the waves.

After running the local Cornish Marathon that follows the quiet lanes around Bodmin, passing infamous Jamaica Inn, where crowds of people gathered to cheer us on, I was intrigued by the area and wanted to return. We

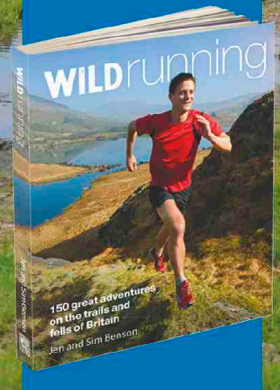
spent several days exploring the moor's scarred terrain, running past disused mines and quarries that lie alongside ancient granite monuments. At 417m, Brown Willy on Bodmin Moor is the highest point in Cornwall and the venue for an annual organised non-competitive New Year's Day run. The Cooper Trail provides an enjoyable 60-mile circumnavigation of the Moor, which can be split into sections and run over a week or in one go, posing a considerable ultra distance challenge.

Our choice of run in Cornwall takes in a short section of the Cooper Trail, starting at Minions, the highest village in Cornwall. It takes in the three ancient stone circles of The Hurlers and the towering, top-heavy stack of granite, the Cheesewring, created over thousands of years by glaciation and weathering. A short but wonderfully worthwhile extension to this run takes you to the beautiful Golitha Falls, an area of woodland occupying a steep-sided valley gorge where the River Fowey tumbles down the rocks in a series of cascades.



ABOUT THE AUTHORS

Jen and Sim Benson are runners, writers and adventurers. Together they have undertaken many epic challenges, from ultramarathons to Ironman triathlons, fitting their love of running around their young family. Their new book *Wild Running: 150 Great Adventures on the Trails and Fells of Britain* [Wild Things Publishing] is the first UK guidebook for those who love to run and who dream of exploring Britain's spectacular mountains, forests and coastal trails. *Running fitness* readers can purchase the book at 25 per cent off with free UK P&P from www.wildrunning.net using code RF14.



THE HURLERS AND THE CHEESEWRING

Distance: 3.5 miles (5k)

Start/finish: Hurlers car park, Minions, a little SW of PL14 5LW

Terrain: Path, track, open moorland

Toughness: Easy to moderate

Ascent: 103 metres

Navigation: Easy to moderate

Good for: Views, history
Route info: wildrunning.net/05

From the carpark, follow tracks NW past the three circles of The Hurlers. Continue until you can bear R to the Cheesewring. Head to the top for breathtaking views. Descend and follow paths NNW until back on the main path

heading N. Great running towards Sharptor, bearing R at the road and following the old tramway back past Cheesewring Quarry to return.

0.0k From Hurlers car park head north west along obvious track
0.3k Pass Hurlers stone circles on RHS. Continue along path
1.0k Take right fork

where track splits and follow track north
1.3k Bear right, heading east on track towards Cheesewring stone stack
1.6k Leave track heading north up small paths to Cheesewring
1.9k Head back west along small paths through scree
2.1k Join larger path heading north to

contour hill to reach road at Sharptor village. On reaching road turn immediately right to head SE along track
3.8k Turn right off track, head west along path to join track from Cheesewring quarry
3.9k Turn left on track, heading south east back to Minions
5.1k At road turn right, returning to start/finish.

RUN ENGLAND GROUPS...

YOU HAVE YOUR SAY!



All photos taken
in the Southdowns
National Park

GIRLS ON THE RUN

HELENJDEACON@HOTMAIL.CO.UK



Run England is the official England Athletics beginner running project. Groups are led by trained group leaders, offering a progressive routine, people of a similar ability to start running with and plenty of support along the way. Find out more at www.runengland.org

Initially girls-only, due to **POPULAR DEMAND** this friendly running club has become a mixed group

Nestling in the rolling hills of the South Downs are the beautiful Hampshire villages of Cheriton and Kilmeston, home to running group 'Girls on the Run'. The group was set up three years ago by Helen Tatner, a runner since her teens, who gains huge satisfaction in seeing others enjoy the freedom of the outdoors and the benefits that running brings.

"Originally I was asked by a friend, a total non-runner, if I could teach her to run,"

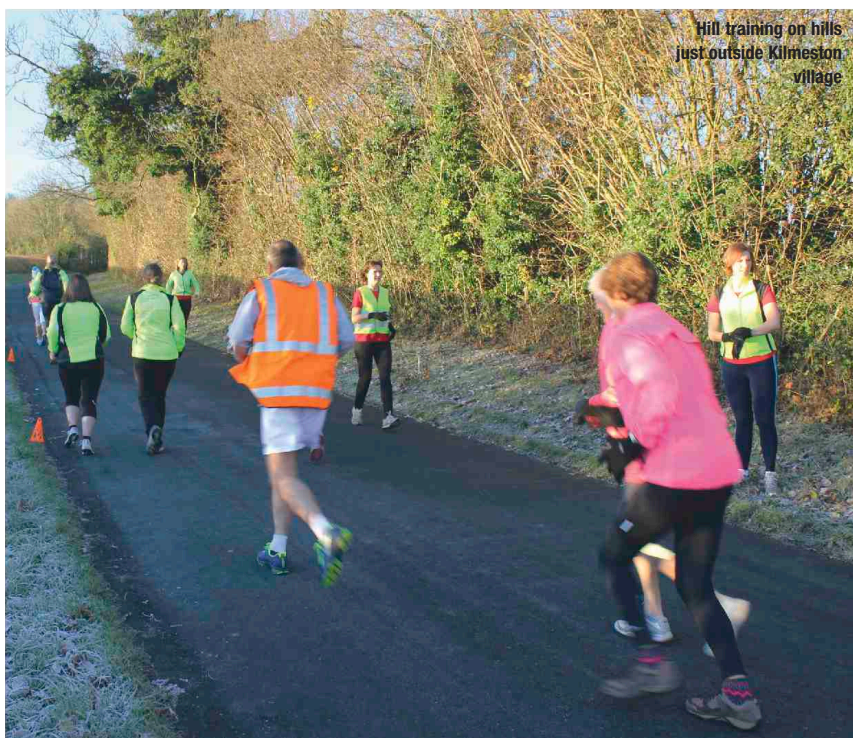
Helen tells *Rf*. "I have enjoyed running all my life and developed a passion for the benefits it brings me. A friend in the village asked me to teach her to run. The group started from there.

We now have 15 regular members, with six decades between them. Whilst initially girls only, interest has grown rapidly and the group has become mixed, which we all welcome.

"It is extremely rewarding observing the fitness development of each member of the



Running through Kilmeston village



Hill training on hills just outside Kilmeston village

GIRLS ON THE RUN

Describe the group in three words...

Fun, friendly, motivational

What is your annual highlight?

As a group, we all decided to run the recent 'Race for Life' event in Winchester

If your group were an athlete, who would it be?

Either Mo Farah (hard-working but always smiling), Jessica Ennis-Hill (epitomises the

three words) or Usain Bolt (great achievement with lots of fun)

How many members do you have?

Currently 15

Age range?

12 to 73

How many weekly training sessions do you hold?

Between two to three.

Contact Helen via www.runengland.org or email helenjdeacon@hotmail.co.uk

group. Everyone has realised his or her own potential and continues to gain confidence, self-belief and higher levels of fitness. Personal goals range from Race for Life to the Brighton Marathon. Inspiration has worked both ways and because of the group I have completed both Leadership in Running Fitness and Coach in Running Fitness qualifications." Helen added.

THERE'S NO REASON TO STOP

"My group tell me that as their coach I am: 'positive, supportive, enthusiastic, inspiring and dedicated'. I have two mottos: 'Every step is a step closer to home' and 'There's no reason to stop if you're not hurting!!'

Helen is a firm believer that running together keeps the group connected and helps to encourage each other to achieve their weekly targets. Most who have joined the group had no running experience initially. Each had a personal reason to embrace a new challenge. This included recovery from injury and illness, personal goals and the desire to de-stress from the daily professional and home demands. The group meet two or three times a week and sessions combine the disciplines of hills, pyramids, running activities and road running.

"We are fortunate to live where we do; we run on our doorstep – no need to get in

the car! However, running can be done anywhere, anytime, with very little equipment; just a good pair of running shoes and a high-vis vest!" says Helen.

EMBRACE THE OUTSIDE

"We are a friendly, fun-loving bunch who support and motivate each other. I hope our very normal group can inspire others across the country to start running. Embrace what is on your doorstep and remember: however tough it may seem as you set off, you will always feel better afterwards."

• Nominate your group by emailing rf.ed@kelsey.co.uk (making the subject 'RE').



BEST 10K TRAIL EVENTS

Exercise makes you feel great, as well as reducing stress and boosting your mood. So lace up your **TRAIL SHOES** and try one of our top 10k events!

1 LAKELAND TRAIL 10K SERIES

WHERE: Various locations, Lake District National Park

WHEN: 21 March, 18 April, 9 May, 5 September, 3 October, 7-8 Nov

COST: £29

FEATURES: The Lakeland Trail 10k races are well-marked and marshalled courses dotted throughout the beautiful Lake District. Terrain includes graded runnable climbs and descents, stunning views and great support. Make a weekend of it with the whole family, and why not dip your toes in one of the vast lakes in the region. Entries close one month before each event and no race day entries are accepted.

RACE INFO: www.lakelandtrails.org

2 BEST VIEW 10K TRAIL

WHERE: Cornwall. Start/finish in Sandymouth, near Bude

WHEN: In your own time!

COST: Free

FEATURES: Try a trail while on holiday with this spectacular 10k off-road coastal track featuring stunning views from the South West coast path. Some flat sections, steep hills; terrain undulates through woodland and over farmland. Offers something for everyone. This route is about enjoying the moment, appreciating nature and having fun. Also good for hills!

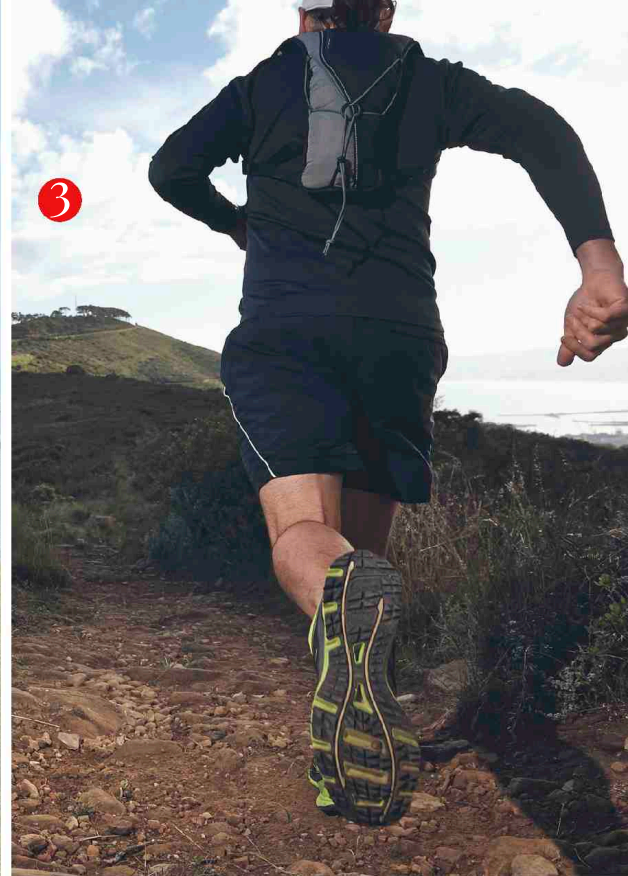
3 TRAILScape RAIL TO TRAIL SERIES - WEST 10K

WHERE: Wendover, Bucks

WHEN: 21 February 2015

COST: £29.50

FEATURES: The fourth and final in the Trailscape series. Convenient location (a stone's throw from the end of the tube line and you're in the middle of the Chiltern Hills). A tough and challenging course. Well marked, the course takes in sections of the Ridgeway, as well as other fantastic trails. As with the north, south and east series, there are three distances to choose from: 10k, half marathon or marathon.



Race chip provided.

RACE INFO: www.trailscape.co.uk

4 NATIONAL TRUST GRASMERE GALLOP 10K

WHERE: Cumbria, Lake District
WHEN: 6 June 2015
COST: £18

FEATURES: This race takes you through some of the most beautiful landscape in the country, the Vale of Grasmere and Rydal, the place that inspired the foundation of the National Trust. Start by running through Grasmere village, then run through Deer Bolts Wood and then onto

the stunning Loughrigg Terrace. Continue along and over the shoulder of Loughrigg, passing the dramatic Rydal Cave and then return to Grasmere via the inspiring shorelines of Rydal Water and Grasmere. There is even an optional water dash for those of you brave enough to try
RACE INFO: www.grasmeregallop.co.uk/10km-trail-run/

5 WOODLAND WOGGLE

WHERE: Seale, Farnham, Surrey
WHEN: 17 May 2015
COST: £13 (affiliated) or just

£15 (unaffiliated)

FEATURES: A scenic one-lap spring trail that runs through Hampton Estate and Puttenham Common. The undulated route takes you through private parkland (used for films), bluebell woods, through a freshly scented pine forest then back to the finish-line, where bacon sandwiches and tea/coffee await!

Cited as one of the 'prettiest 10ks in England' it's also a great day out for the whole family who can choose from a 6k run and 6k walk, as well as the 10k trail race.

RACE INFO: <https://sites.google.com/site/woodlandwoggle/>



**FANCY BECOMING
AN RF ROVING
REPORTER?**

Contact the team at rf.ed@kelsey.co.uk (making the subject of your email 'Roving reporter')

RUN REIGATE HALF MARATHON I DID IT!

This month *Rf*'s **ROVING REPORTER** tries out the adidas Run Reigate Half Marathon, and bags a new PB. They did it; would you?



NAME: Paul Taylor
AGE: 39
RUNNING ABILITY: Inconsistent due to work commitments – but nevertheless a sub 3.15 marathoner

EVENT: adidas Run Reigate Half Marathon

DISTANCE: Half marathon

INFO: First ever half marathon in Reigate

WEBSITE: www.jellyfish.co.uk/runreigate

Why this race?

I hadn't run a half since Brighton in 2012, and that was an experience that I would like to forget (it was a great race, but I started too fast and paid the price). This time I decided to train properly.

What did you enjoy most about the race?

As this was going to be the first adidas Run Reigate Half Marathon I have to admit, my expectations weren't that high – but I was more than pleasantly surprised. As the horn went off, myself and around 3000 other competitors poured into Bell Street and began the run up Cockshot Hill. The streets of Reigate had been closed and spectators lined the roads for a welcome boost up the steep hill.

The Run Reigate team had kindly provided pacemakers and before the race began, I had agreed with a fellow runner to follow the 1:30 pacemaker. We were soon out of the town and into the country along Lonesome Lane. It was a clear, sunny day which made for a beautiful run. All roads for the first six miles of the race were without traffic.

Still with the pacemaker, we came out of Horley and over the A217 at the Black Horse Pub – this is where things got tougher. Just past the half way point (and another water station), there is the daunting Horse Hill, a painfully steep climb that tests your running mettle. It was too much for me at that pace we were going and I lost the pacemaker who effortlessly glided up the hill as if it were an escalator. Thankfully, my efforts were rewarded with a steady downhill to the village of Irons Bottom

where I re-joined the pace.

As the course came back into Reigate, past the Reigate Heath Golf Course, I watched the 1.30 pacemaker run off into the distance, nevertheless content with my race tactic of sticking at his heel for as long as I could. He was replaced by steadier streams of spectators, cheering us on as we faced the steady, uphill back to Priory Park.

The crowd welcomed the runners back into the park and after a few twists and turns there was a 100m straight to the finish. The loud cheers helped me on my final few strides, and the clock, although obscured until the last 20m, gave me the final boost I needed: we were still under 1.30 and I had a chance to smash my half marathon PB. I summoned the energy for a sprint over the finish-line. It turned out that the pacer had been running with a 90-second contingency to ensure that he got his runners round.

What was the best bit?

Reigate is a great race: nice course, well organised, a professional job from start to finish. It's clearly been well thought through, from the bananas on the finish-line, to the design of the race t-shirt (a simple pencil line map of the course). Already embraced by an enthusiastic local community (given by the festival atmosphere in Priory Park), this is clearly one that will run and run.

Would you do it again?

Yes! See you next year, Reigate. ●

THE MEDAL HANGER SHOP

RF ROVING REPORTER wins a Medal Hanger, made from stainless steel. Hang your medals with pride!

In association with www.themedalhangershop.co.uk

*Hanger can be chosen up to the value of £21.99

RACE BLING



CLOWNE HALF MARATHON

There may be faster half marathons, but few enjoy the popularity or the desire to race as Derbyshire's **NOTORIOUSLY GREY** Clowne Half Marathon, as Emmie Collinge discovers

Passing the first feed station at three miles, the rain finally eases and we turn left, heading further into the countryside. Beside me, wiry runners are focused on keeping up a fast pace. They're not doing this half marathon for times, I later find out; instead, they're doing it because it's a local, pleasant jaunt around rolling hills and somewhat desolate former pit towns. It is a sobering thought for someone who has spent too much time in London. The unspoilt countryside, harmoniously dividing the small towns, would be stunning if only the mist would lift. As it is now, at 10am on a Sunday, the horizon remains fixed about 100 metres ahead of us.

The chances of Clowne living up to the brightly-coloured images that its name conjures up are definitely pretty low, but this doesn't stop 800 runners registering for the ever-expanding half marathon and children's fun run. Now in its 29th edition, organiser Dennis's efforts to keep the race's momentum going are working. Last year, Sheffield's Accelerate store provided generous prize vouchers for Mizuno, whose logo emblazons the finishing area, where homemade flapjacks await the runners.

With mile markers and the potentially misconstruable 'Beware of the Runners' signs along the route, which can best be described as undulating, I thank my former Mansfield Harriers club mate Trevor Hiscox for warning me about the hill at mile nine. After being treated to a lengthy and speedy



There's a buzz and vibrancy that sets the Clowne Half Marathon apart

downhill through Creswell, the sinuous snake-like ascent is rather unwelcome. Yet, once you've summited it, with just three miles left on the roads, you know that it isn't worth slowing down.

Never ideal running alongside traffic, it does spur you on. There's a left turn, it's traffic-free again, much like the rest of the course, and there's one last dip for a burst of speed. Entering Clowne, there are more spectators than you'd expect; a buzz and a vibrancy that you'd associate with big city races. This is what sets Clowne apart:

the kind of hospitality that you'd normally only find amongst friends; and its big-race organisation, that you'd expect from a polished crew of major event organisers, with results-on-the-day chip timing, feed stations and free race photos.

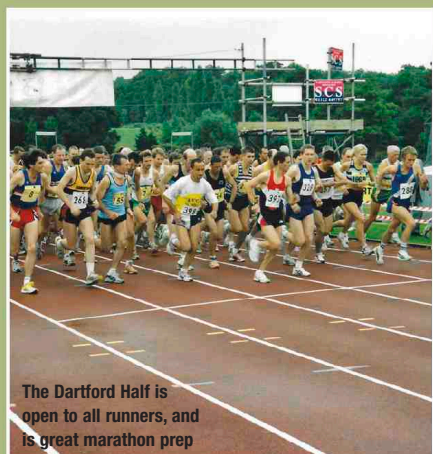
While it is a shame that it isn't held in spring, Clowne fills a gap in one of the calendar's quietest months and despite not being a typical PB-course, both my 64-year-old dad and I clocked our fastest half-marathons in recent years.

See: www.dartfordhalfmarathon.co.uk

IMAGE BRYAN DALE

DARTFORD HALF MARATHON

The Dartford Half Marathon is **KENT'S LONGEST-RUNNING** road race



The Dartford Half is open to all runners, and is great marathon prep

Organised since its inception by Dartford Harriers AC, the event is open to everyone, and this year a whole host of changes and upgrades have been made to the race. The half marathon is held under UK Athletics rules and makes an ideal preparation race for the London Marathon. The Dartford Half Marathon, now in its 39th year, is a particularly unique event as all proceeds are used to offer free track use to all club members.

The race starts at 09:30 in Central Park Dartford. The undulating course is run mostly through country lanes with great views. As a bonus, the race organisers also throw in a free massage at the finish.

Both individual and team entries are welcome. Eight competitors from the same running club (or with the same team name) will automatically qualify as a 'team' as long as the club name is declared on each entry form. The team must comprise both male and female runners. Unaffiliated competitors may still qualify as a team as long as each enters the same team name on their entry form.

Race registration closes 13 March. Advance entry is £21 affiliated and £23 unaffiliated. On-the-day entries (£25.00 for all competitors) will be accepted from 7am; 1200 entrants max.

See: www.dartfordhalfmarathon.co.uk

RACE TO THE STONES

Take part in the largest multi-day ultra in the UK, **RUNNING 100K** along the oldest path in Britain

**WIN A
PLACE!
BECOME A RF
REPORTER**



The third annual Race to the Stones will be held on Saturday 11th and Sunday 12th July.

The 100k route along the oldest path in the UK, The Ridgeway, sees participants following in the footsteps of Romans and Vikings. Stretching from the Chilterns in Oxfordshire to the North Wessex Downs, the paths and woodland tracks have been travelled for 5000 years, making this one of the most fascinating historical routes within the UK. The race also runs almost entirely within designated Areas of Outstanding Natural Beauty.

Starting from Chinnor in Oxfordshire, runners and walkers will pass Iron Age forts, ancient burial chambers, cross the River Thames and the mystical down-lands of Salisbury, before finishing at the 3000-year-old stone circle at Avebury.

Participants can choose to complete the 100k route non-stop by walking into and through the night, or can break it into two days staying at the fully serviced overnight base camp at the halfway point. There's

also a 50k day option.

The ultra-runners will have dedicated timing, full medical teams and detailed route information and the course will be fast and ideally suited for those looking to set a PB time. For the 100km non-stop option, the Race to the Stones is also one of the few races in the UK that qualifies for two Ultra Trail du Mont Blanc points, as well as providing an opportunity to set a qualifying time for entry to the Spartathlon.

THE FINER DETAILS

During the Race to the Stones there is a fully signed route taking in some of the most stunning scenery in Britain with pit stops every 10km (six miles) offering quality food, drinks and medical support. Foot health experts along the course will help sore feet, while a map book with information about the climbs, descents, distances, and landmarks lets you know where you are. For the racers there is event timing, and for everyone who crosses the line, a finisher's medal will be waiting and

their kit bag transported to the finish.

Designed with input from endurance legend James Cracknell, the inaugural 2013 event attracted 800 participants, while numbers doubled in 2014, and the 2015 race – sponsored by Dixons Carphone – is likely to be a sell out success as well.

Last year the men's winner, Scott Forbes completed the course in 9hr 4mins and the women's race was won by Sorrell Walsh in 10hr 37mins. With both looking to return in 2015 to defend their titles, the competition is going to be fierce once again.

However, Threshold Sports have designed the event to be accessible to everyone, from runners stepping up from a marathon distance for the first time, as well as those looking for a sociable challenge they can train for around work. There were equally impressive feats of endurance at the back of the field with hundreds raising money for good causes, including 10 women who ground out the 100k non-stop option in 30hr 20mins.



Race to the Stones
will take you along
the oldest path in
the UK

Nick Tuppen, head of Threshold Events said, "We set out to get as many people as possible lining up on the start-line from first timers to world class ultra-runners, and to give them all a fantastic experience. It was great to see the same sense of satisfaction at the finish from elite athletes like Danny Kendall (highest ever British finisher in Marathon des Sables), Rory Coleman (200+ ultra marathons and nine endurance running world records), and Tobias Mews (15th in Marathon des Sables 2014), as well as on the faces of those who had never taken on a challenge like this before."

ENTRY COSTS:

RACE TO THE STONES

non-stop: **£119**

RACE TO THE STONES

two-day including overnight
camping: **£184**

RACE TO THE STONES

two-day excluding overnight
camping: **£95**

RACE TO THE STONES

single day: **£49**

Register online at:

www.racetothestones.com

WIN A FREE ENTRY

Running fitness have two free places to give away. All you need to do is email rf.ed@kelsey.co.uk explaining why we should pick you. The winner will need to write an after event report, which will then be printed in the magazine. Please mark the subject of your email 'Rf Roving Reporter' and state which event you would like to be entered for. The winner will be selected by 31 March 2015.



RACE TO THE STONES

GLOW IN THE PARK

The 2015 Glow in the Park features new zones for extra **AFTER-DARK FUN** in Bath city centre



The first Glow in the Park event of 2015 will be held in Bath on Saturday 18th April at Royal Victoria Park, right in the heart of the city, with capacity for 5000 fun runners of all ages to join in the illuminating spectacle.

Glow in the Park runs are a series of after-dark 5k fun running experiences, offering a safe environment to experience the thrill of night running. Participants can run, jog, walk and dance their way around Victoria Park making their way through music and light shows in the Glow Course. New zones include: the UV Bubble Zone, Lolly Pop Land, Fluorescent Park, the Twilight zone, and the Rainbow Road, along with previous popular zones: the Time Tunnel Glow Zone and the Retro Zone.

The event starts at 7pm and runners are advised to come suitably prepared with 'Glow Gear' including head torches, glow sticks, fluoro face paint and flashing high viz clothing. There will also be a Glow Shop open at all the events, selling glow sticks, head torches, necklaces, bracelets and wands.

To register for the Bath Glow in the Park visit:

www.glowinthepark.co.uk

More Glow in the Park events already lined up for 2015 are: 25 April at Eton Dorney, Windsor and 14 November at Kempton Park near London, with further dates and venues to be announced.

Offer code: P154

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Events changes!

In order to make these listings as current as possible, we now only list events taking place within the six months following the on-sale date of each issue. Events are listed via region. If you'd like to search for events further ahead, please go to www.run247.com. As always, it's advisable to check race details with organisers nearer the date.

*The editor reserves the right to edit listings, and cannot be held responsible for errors.

London

01 February 2015
Dash For The Splash 10k
Richardson Evans Memorial Fields
SW15 3PQ
£15
Thames Hare and Hounds
dssymons@hotmail.com
www.dashforthesplash.com
■ 10km

East Midlands

07 February 2015
No Walk in the Park
Queen's Park Cricket Pavilion,
Chesterfield S40 2ND
£3/£5 On the day only
John Cannon
01246 566458
j.cannon846@btinternet.com
<http://northderbyshirec.jimdo.com/>
■ 10km

North West

07 February 2015
Grizedale Night Runner 10k - Petzl Night Runner Series
Grizedale Visitor Centre LA22 0QJ
£20
Epic Events
chriskitchin@epicevents.co.uk
www.thenightrunner.com
■ 10km

North West

07 February 2015
Halewood 5k free monthly race
February 2015
The Environment Centre, Okell Drive,
Liverpool L26 7XB
free race
Derek Hughes
just turn up, register and race - no pre entry
0151 220 4989
hughesdx@talktalk.net
<http://www.knowsleyharriers.com/merseyvend-north-west-5k/>
■ 5km

South East

07 February 2015
NI Tro South 2015
Tunnle hill ranges, Mytchett Road,
Pirbright GU12
£20
Graeme Corlett
07779 580655
info@thisonecounts.co.uk
<http://www.thisonecounts.co.uk/eventsandraces.htm>
■ 6km

South West

07 February 2015
CTS South Devon 10K, Half Marathon, Marathon, Ultra
Beesands, South Devon
£30-£60
Freya
01548 312314
support@endurancelife.com
www.endurancelife.com
■

South West

07 February 2015
National Trust Night Run Series
Plymbridge Woods PL7 4SR
£15
National Trust
72 Wollaton Rd Beeston Nottinghamshire
NG9 2NZ
0333 400 463
info@ntnightrun.co.uk

<http://www.nationaltrust.org.uk/article-1355848050122/>
■ 2km

North West

08 February 2015
Montane Trail 13 - Grizedale
Grizedale Visitor Centre LA22 0QJ
Chris Kitchin
chriskitchin@epicevents.co.uk
■ 13.1miles

North West

08 February 2015
Montane Trail 26 - Grizedale
Grizedale Visitor Centre LA22 0QJ
£30
Chris Kitchin
chriskitchin@epicevents.co.uk
<http://www.trail26.com/ultratrail26/grizedale.html>
■ 26miles

South East

08 February 2015
The 6th Reading 5 Mile Race
Reading University Students Union
RG6 6AH
£12.00 attached, £14.00 unattached,
£14/17.00 on the day
Martin Burke
Nice Work, Teviot, Malthouse Lane,
Peasmarsh, East Sussex TN31 6TA
01797 230009
info@nice-work.org.uk
<http://www.nice-work.org.uk/events.php?id=16>
■ 5miles

East Midlands

11 February 2015
The 2nd Leicester City Winter 5K Series - February
Victoria Park LE2 1ND
9.00 attached £11.00 unattached
£2.00 extra on the day
Martin Burke
Nice Work, Teviot, Malthouse Lane,
Peasmarsh, East Sussex TN31 6TA
01797 230009

info@nice-work.org.uk
<http://www.nice-work.org.uk/index.php>
■ 5km

South East

12 February 2015
The Gravesend Floodlit 5K and 10K Series - Race 5
Cyclopark DA11 7NP
£8.00 attached £10.00 unattached £2.00 extra on the day
Martin Burke
Nice Work, Teviot, Malthouse Lane,
Peasmarsh, East Sussex
TN31 6TA
01797 230009
info@nice-work.org.uk
<http://www.nice-work.org.uk/events.php?id=91>
■ 10km

North East

14 February 2015
No Ego Challenge Newcastle Head torch race 5 miler
Wallington House NE61 4AR
£13
Brian Lee
On Line entries only
CA13 9XZ
07803 406070
info@noegochallenge.com
www.noegochallenge.com
■ 5miles

South East

15 February 2015
The 6th Tenterden 5
Wittersham Village Hall
TN30 7EA
£13.00 attached £15.00 unattached £2.00 extra on the day
Martin Burke
Nice Work, Teviot, Malthouse Lane,
Peasmarsh, East Sussex TN31 6TA
01797 230009
info@nice-work.org.uk
<http://www.nice-work.org.uk/index.php>
■ 5miles



The New Forest Running Festival 2015, incorporating the 'New Forest 50 Km Ultra' 21/22ND MARCH 2015

- Ladies Only & Open 10 km • Ladies Only & Open Half Marathon
- 20 Miler (London Marathon Sharpener!!) + The New Forest 50 Km Ultra
- The 'all new' Light Up The Night 5 Km night forest run!!

www.newforestrunningfestival.co.uk

South West

15 February 2015
Bath Skyline 10km (Race 4 of 4)
Bath University, Claverton Down, Bath
BA2 7AY
£12/£14 for Affiliated/Unaffiliated
Tom Room
tom@relishrunninggraces.com
<http://www.relishrunninggraces.com/bath-skyline-10km.php>
■ 10km

South West

15 February 2015
Brean Down 10/5k Trail Run
Brean Down TA8 2RR
£14.50 - £6.50
Aspire Running Events Ltd
Online entries only
07866 581064
donna@aspirerunningevents.co.uk
<http://www.aspirerunningevents.co.uk>
■ 10km

South West

15 February 2015
Reigate Priory Park 10km
Priory Park, Bell Street, Reigate, Surrey
RH2 7RL
Mark Caswell
mark.caswell1@btinternet.com
<http://www.mccpromotions10kseries.com/reigate-priory-park-10km.php>
■ 10km

South East

21 February 2015
Runners Need G3 Race 3
Newlands Corner GU4 8SE
£20
Becky Russell
becky@aat-events.com
www.g3series.co.uk
■ 10km

South East

21 February 2015
Trailscape Rail to Trail - West - 10km
Wendover, Buckinghamshire HP22 6EG
£29.50
Trailscape
info@trailscape.co.uk
www.trailscape.co.uk
■ 10km

South East

21 February 2015
Trailscape Rail to Trail - West - Half Marathon
Wendover, Buckinghamshire HP22 6EG
£34.50
Trailscape
info@trailscape.co.uk
www.trailscape.co.uk
■ 13.1miles

South East

21 February 2015
Trailscape Rail to Trail - West - Marathon
Wendover, Buckinghamshire HP22 6EG
£44.50
Trailscape
info@trailscape.co.uk
www.trailscape.co.uk
■ 26.2miles

East Midlands

22 February 2015
The Beast
Aylesford Equine X Country Course, Shoby, Melton Mowbray, Leicestershire
LE14 3PF
£30 online pre entry, £35 on the day
Gaynor Prior
07968 836549
info@thebeastrun.co.uk
www.thebeastrun.co.uk
■ 5miles

London

22 February 2015
Hampton Court Half Marathon 2015
Esher College KT7 0JB
£27 affiliated £29 non-affiliated
Peter Wedderburn
020 8288 8575
kbc@blueyonder.co.uk
www.hamptoncourthalf.com
■ 13.1miles

London

22 February 2015
The Capital Runners Richmond Park 10K - Race 2
Richmond Park
SW14 8BJ
£16.00 ATTACHED £18.00 UNATTACHED
£20.00 ON THE DAY
Nice Work
Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA
01797 230009
info@nice-work.org.uk
<http://www.nice-work.org.uk/events.php?id=96>
■ 10km

North West

22 February 2015
Terry Nortley 10 Mile Multi Terrain Race
Cams Lane Primary School
M26 3SW
£6.00 affiliated/ £8.00 non-affiliated + £1 on the day
Mark Emmett
Chemane Brier 6 Windsor Grove
Stoneclough Radcliffe Manchester
M26 1HD
markrun1@hotmail.com
www.radcliffeac.org.uk
■ 10miles

South East

22 February 2015
Test Track 10
Ford Motor Company
SS15 6EE
£15 Pre Registered £20 On the day
Kerry Chambers
St Lukes Hospice Fobbing Farm
Nethermayne Basildon Essex
SS16 5NJ
01268 524973
Kerry@stlukeshospice.co.uk
<http://www.stlukeshospice.com/>
■ 10miles

South West

22 February 2015
9bar Chilly 10k
Castle Combe Race Circuit, Castle Combe
SN14 7EY
£15/£17
James Higgs
07929 059796
jamesmhiggs@gmail.com
<http://www.dbmax.co.uk/event-list/running/item/the-9bar-chilly-10k.html>
■ 10km

South West

22 February 2015
Bristol Varsity 10k
Ampitheatre, Bristol Harbourside
BS1 5LL
£12/£14/£16
races@fairplayevents.co.uk
www.fairplayevents.co.uk
■ 10km

South West

22 February 2015
Kenley Airfield 10km
Kenley Airfield, Kenley Common, Kenley, Surrey
CR8 5YG
MCC Promotions
mark.caswell1@btinternet.com
<http://www.mccpromotions10kseries.com/kenley-airfield-10km.php>
■ 10km

West Midlands

22 February 2015
Golden Gallop 10k
Near Fairfield High School
HR2 0SG
£12.50
Nathan Poolton
Peak Performance Events Running Waters
Millbrooke Farm, Dorstone Hereford
Herefordshire
HR3 6AD
dorstonerunner@hotmail.com
<http://www.peakperformanceevents.co.nf>
■ 10km

London

27 February 2015
Brooks, Serpentine Last Friday of the Month 5k
Hyde Park, London W2 2UH
£2.00 / £4.00
Malcolm French
35 Merton Road Harrow Middlesex HA2 0AA
020 8422 3900
lfotm5k@serpentine.org.uk
www.serpentine.org.uk
■ 5km

North East

27 February 2015
National Trust Night Run Series
Gibside NE16 6BG
£15
National Trust
72 Wollaton Rd Beeston Nottinghamshire
NG9 2NZ
0333 400 463
info@ntnightrun.co.uk
<http://www.nationaltrust.org.uk/article-135584805122/>
■ 2km

London

28 February 2015
Run Richmond Park 10K Race 2 2015
Sheen Gate, Richmond Park
SW14 8BJ
£17
The Fix UK Ltd
The Fix UK, Suite 2, 31 Ashley Road, Epsom, Surrey KT18 5BD
020 8144 0797
info@thefixuk.com
<http://www.thefixevents.com>
■ 10km

London

28 February 2015
Run Richmond Park 5K Race 2 2015
Sheen Gate, Richmond Park SW14 8BJ
£14
The Fix UK Ltd
The Fix UK, Suite 2, 31 Ashley Road, Epsom, Surrey KT18 5BD
020 8144 0797
info@thefixuk.com
<http://www.thefixevents.com>
■ 5km

North East

28 February 2015
CTS Northumberland 10K, Half Marathon, Marathon, Ultra
Bamburgh Castle
£30-£60
Freya
01548 312314
support@endurancelife.com
www.endurancelife.com
■



www.runningimp.co.uk
The ultimate *One-Stop-Shop* for all your event essentials
01522 502131

South East

28 February 2015

Garmin Race Your Pace Half Marathon
Dorney Lake Berkshire
SL4 6QP
£29
Human Race Events
<http://humanrace.co.uk/events/running/race-your-pace-half-marathon>
■ 13.1miles

London

01 March 2015

The Chasers Regents Park Grand Prix
10K Winter Series - Race 6
Regents Park
NW1 4RU
£14.00 attached £16.00 unattached £2.00 extra on the day
Martin Burke
Nice Work, Teviot, Malthouse Lane,
Peasmarsh, East Sussex TN31 6TA
01797 230009
info@nice-work.org.uk
<http://www.nice-work.org.uk/events.php?id=137>
■ 10km

North West

01 March 2015

Age UK Tatton Park 10k
Tatton Park
WA16 6QN
£18 (£16 UKA)
Sophie Gray
0800 169 8787
10k@ageuk.org.uk
www.ageuk.org.uk/10k
■ 10km

North West

01 March 2015

High Legh 10k
High Legh, Cheshire
WA16 6NW
£15 - £17 early bird, before end of December
Lymm Runners and High Legh Community Association
raceadmin@highleggh10k.org.uk
www.highleggh10k.org.uk
■ 10km

North West

01 March 2015

Montane Trail 10 Marmalade Run - Dalemain
Horse and Farrier Public House, Dacre, Penrith
CA11 0HL
£20
Chris Kitchen
chriskitchen@epicevents.co.uk
<http://www.trail26.com/ultratrail26/dalemain-march-1st-2015.html>
■ 10km

Scotland

01 March 2015

Down by the River 3k
Cambuslang
G72 8HG
£4.00 Sen.SAF(£6.00.non SAF) £3.00
Young athletes
Owen Reid
Colin Feechan 65, Aller Place, Livingstone
Lothian EH54 6RG
0141 647 2003
owenreid@hotmail.co.uk
www.cambuslangharriers.org
■ 3km

Scotland

01 March 2015

Down by the River inc. Jimmy Sands memorial 10k
Cambuslang
G72 8HG
£6.00 SAF members (£8.00 non SAF)£2.00 extra on day
Owen Reid
Colin Feechan 65, Aller Place, Livingstone
Lothian EH54 6RG
0141 647 2003
owenreid@hotmail.co.uk
www.cambuslangharriers.org
■ 10km

South East

01 March 2015

Bushy Park 10km
Bushy Park, Diana Car Park, Hampton Park Gate, Hampton, Middlesex
TW12 2EJ
Mark Caswell
mark.caswell1@btinternet.com
<http://www.mccpromotions10kseries.com/bushy-park-10km.php>
■ 10km

South East

01 March 2015

Thanet 20 Mile
Thanet, Kent
CT11 0ZZ
£22
Adrian Smith
Thanet 20 mile 2015, 19 Favourite Road
Whitstable Kent CT5 4UB
thanet20@thanetroadrunners.org.uk
<http://www.thanetroadrunners.org.uk/events/thanet-20-mile?q=thanet-20-mile-2015>
■ 20miles

West Midlands

01 March 2015

Almeley 10k
Almeley Village Hall
HR3 6QU
£11.50
Steve Poolton
Stride Out Events Running Waters

Millbrooke Farm, Dorstone Hereford
Herefordshire HR3 6AD
strideoutevents@hotmail.com
<http://www.strideoutevents.co.nf>
■ 10km

West Midlands

01 March 2015

Cheadle Spring 5
Youth Club, Station Road, Cheadle, Staffs
ST10 1LH
£7 club runners, £9 unattached runners
Mick Beardmore
Mr B Clutton 69 Thorley Drive Cheadle
Stoke-on-Trent Staffs ST10 1NF
01538 753654
beardmore_mike@hotmail.com
www.cheadlerunningclub.com
■ 5miles

West Midlands

01 March 2015

Coventry Half Marathon
Coventry
CV1 1JD

Achieve Events (UK) Limited (Trading as G02)
1 Palace Yard Mews Bath
BA1 2NH
0845 308 4003
info@go2events.org.uk
<http://www.coventryhalf.com/>
■ 13.1miles

West Midlands

01 March 2015

Decathlon Coventry's Half Marathon
Coventry
Achieve Events (UK) trading as G02
0845 308 4003
info@go2events.org.uk
<http://www.coventryhalf.com/>
■ 13.1miles

East Midlands

07 March 2015

No Walk in the Park
Queen's Park Cricket Pavilion, Chesterfield
S40 2ND
£3/£5 On the day only
John Cannon
01246 566458
j.cannon846@btinternet.com
<http://northderbyshirerc.jimdo.com/>
■ 10km

East Midlands

07 March 2015

The Suffering 10km OCR @ Rockingham - March
Rockingham Castle, Market Harborough
LE16 8TH
£38 - £60
The Suffering Obstacle Race Series
07793 030 249
hello@ultimate-adventures.co.uk
<http://www.thesufferingrace.co.uk/ocr/rockingham-castle/10km-winter/>
■ 10km

East Midlands

07 March 2015

The Suffering 5km OCR @ Rockingham - March
Rockingham Castle, Market Harborough
LE16 8TH
£38 - £60
The Suffering Obstacle Race Series
07793 030 249
hello@ultimate-adventures.co.uk
<http://www.thesufferingrace.co.uk/ocr/rockingham-castle/5km-winter/>
■ 5km

Eastern

07 March 2015

National Trust Night Run Series
Wimpole Estate SG8 0BW
£15
National Trust
72 Wollaton Rd NG9 2BX Beeston
Nottinghamshire NG9 2NZ
0333 400 463
info@ntnightrun.co.uk
<http://www.nationaltrust.org.uk/article-1355848050122/>
■ 2km

North East

07 March 2015

Falcon Flyer (15m)
Ravenscar village Hall, Ravenscar
YO13 0LZ
£15
Scarborough and Ryedale Mountain Rescue Team
swalesdavid@hotmail.com
<http://www.srmrt.org.uk/challenge-walks/falcon-flyer-challenge-walk/>
■ 15miles

North West

07 March 2015

NITro North 2015
Clwyd Forest, Bwlch Penbarras, Mold
CH7
£20
Mr Graeme Corlett
07779 580655
info@thisonecounts.co.uk
<http://www.thisonecounts.co.uk/eventsandraces.htm>
■ 10km

South East

07 March 2015

Stunt Challenge 2015
West Wycombe Park HP14 3AJ
£75 before 25th December; £99 thereafter.
Stunt Challenge
<http://www.stuntchallenge.co.uk/>
■ 10km

Yorkshire and Humberside

07 March 2015

Falcon Flyer (20m)
Ravenscar village Hall, Ravenscar
YO13 0LZ
£15
Scarborough and Ryedale Mountain Rescue Team
swalesdavid@hotmail.com
<http://www.srmrt.org.uk/challenge-walks/falcon-flyer-challenge-walk/>
■ 20miles

East Midlands

08 March 2015

The Pain and Suffering 10m OCR @ Rockingham - March
Rockingham Castle, Market Harborough LE16 8TH
£38 - £60
The Suffering Obstacle Race Series
07793 030 249
hello@ultimate-adventures.co.uk
<http://www.thesufferingrace.co.uk/ocr/rockingham-castle/10-mile-winter/>
■ 10miles

West Yorkshire

08 March 2015

Age UK Harewood House 10k
Leeds LS17 9LG
£18 (£16 UKA)
Kathy Reynolds
0800 169 8787
10k@ageuk.org.uk
www.ageuk.org.uk/10k
■ 10km



The Flaming June Half Marathon

Sunday 7th June 2015 at 10am

A rural multi terrain half marathon across flowing Cambridgeshire countryside with start & finish at

Histon & Impington Recreation Ground, Cambridge CB24 9LU

Male / female age groups 17 upwards

Chip timing + mementoes for all

£22 entry fee - register online at www.theflamingjunehalf.co.uk | Enquiries 01223 232514

Facilities : changing facilities & refreshments

Event organised by Friends of Histon & Impington Recreation Ground

London

08 March 2015

Sidcup 10 mile road race
Chislehurst and Sidcup Grammar
School, Hurst Road, Kent

DA15 9AG

Affiliated club member £16; non-affiliated

£18; surcharge on day of race £3

Kent Athletic Club

The Race Organiser 50 Cliffview Road

Lewisham London

SE13 7DD

www.kentac.org.uk

■ 10miles

North West

19 April 2015

Asics Oulton Park Half Marathon and 10k

Oulton Park

10K £20.00-22.00 Half Marathon

£25.00-27.00

[http://www.xtramileevents.com/
events/ulton-park-half-marathon-
10k/](http://www.xtramileevents.com/events/ulton-park-half-marathon-10k/)

■ 13.1miles

Scotland

08 March 2015

Meadows Marathon

The Meadows Edinburgh

EH8 9AL

Meadows Marathon

danielle@meadowsmarathon.org.uk

<http://www.meadowsmarathon.org.uk>

■ 26.2miles

South East

08 March 2015

Surrey Half Marathon

Woking Leisure Centre

GU22 9BA

£35

Toby Jenkins

01483 720459

hello@surreyhalfmarathon.co.uk

www.surreyhalfmarathon.co.uk

■ 13.1miles

South East

08 March 2015

The 8th Brett Lydd Half Marathon
Banks Sports and Social Club

TN29 7HG

£18.00 attached £20.00 unattached

£25.00 on the day

Martin Burke

Nice Work, Teviot, Malthouse Lane,

Peasmarsh, East Sussex

TN31 6TA

01797 230009

info@nice-work.org.uk

[http://www.nice-work.org.uk/events.
php?id=15](http://www.nice-work.org.uk/events.php?id=15)

■ 13.1miles

South East

08 March 2015

The Lydd 20 Mile Race

Banks Sports and Social Club

TN29 7HG

£18.00 attached £20.00 unattached

£25.00 on the day

Nice Work

Banks Sports and Social Club Dennes Lane

Lydd Romney Marsh Kent

TN29 7HG

01797 230009

info@nice-work.org.uk

<http://www.nice-work.org.uk/>

■ 20miles

South West

08 March 2015

Devizes Half Marathon

Devizes

SN10 3AA

£18.50/£20.50

Luke Shipway

07595 449480

luke@eventslogicuk.com

<http://www.eventslogicuk.com/>

■ 13.1miles

South West

08 March 2015

Imber Ultra Marathon

Leighton Recreation Centre

BA13 3PT

£30 affiliated

Richard Hudson

07917 171033

richard100.hudson@gmail.com

imber-ultra.org

■ 33miles

South West

08 March 2015

Old Down Country Park Family Fun Run

10.5, 1k plus Junior Obstacle Course

Old Down Country Park

BS32 4PG

£11.50 - £4.50

Aspire Running Events Ltd

07866 581064

donna@aspirerunningevents.co.uk

<http://www.aspirerunningevents.co.uk>

■ 10km

Yorkshire and Humberside

08 March 2015

Retford Half Marathon and Family Fun

Run 2015

Retford Oaks Academy, Retford,

Notts

DN22 7NJ

£18

Mr Justin Bramall

7 King Street, Hodthorpe, Worksop, Notts

Worksop Notts

S80 4XA

retfordhalf@googlegmail.com

www.retfordac.co.uk

■ 13.1miles

International Jordan

08 March 2015

Sahara Race (Jordan) 2015

Petra, Jordan

USD3600

4 Deserts Race Series

info@4deserts.com

<http://www.4deserts.com/sahararace/>

■ 250km

South East

12 March 2015

The Gravesend Floodlit 5K and 10K

Series

Cyclopark

DA11 7NP

Per event £8.00 attached £10.00

unattached £2.00 extra on the day

Martin Burke

Nice Work, Teviot, Malthouse Lane,

Peasmarsh, East Sussex

TN31 6TA

01797 230009

info@nice-work.org.uk

[http://www.nice-work.org.uk/events.
php?id=92](http://www.nice-work.org.uk/events.php?id=92)

■ 5km

Scotland

14 March 2015

Rat Race Mighty Deerstalker

Traquair House

EH44

From £35 + admin fee

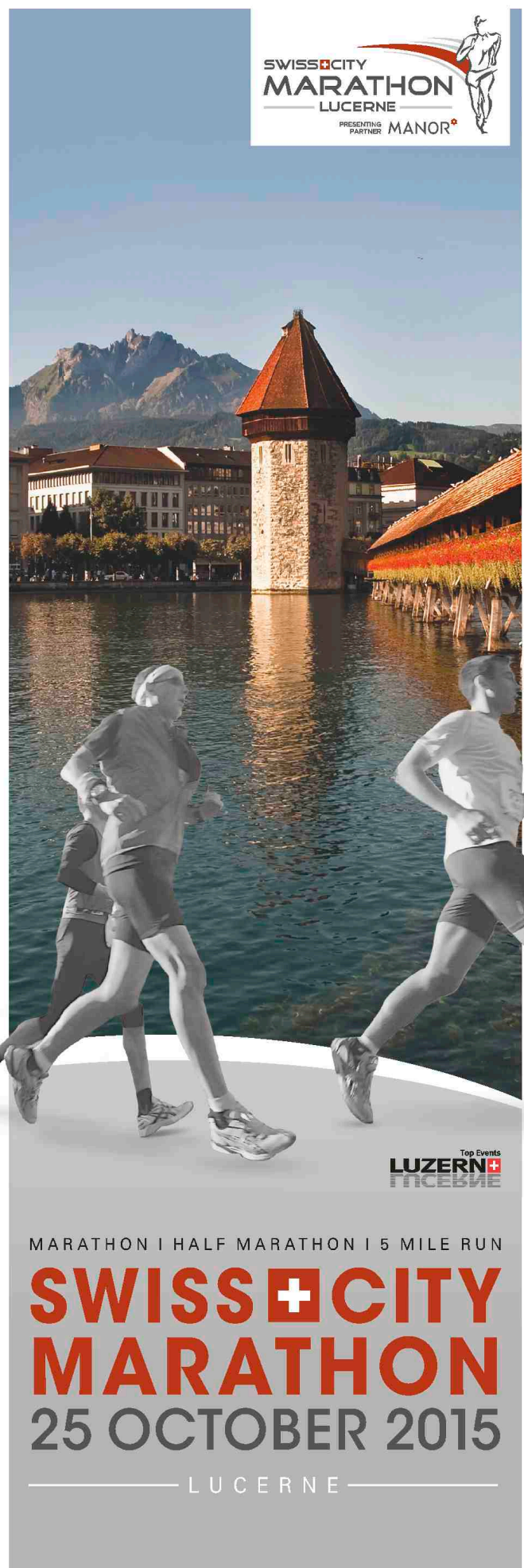
Rat Race Events

01904 409401

events@ratrace.com

<http://www.mightydeerstalker.com/>

■ 10km



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West Midlands

14 March 2015

National Trust Night Run Series

Attingham Park

SY4 4TP

£15

National Trust

72 Wollaton Rd

Beeston Nottinghamshire

NG9 2NZ

0333 400 463

info@ntnightrun.co.uk

http://www.nationaltrust.org.uk/

article-1355848050122/

■ 2km

East Midlands

15 March 2015

Newton's Fraction Half Marathon

South Kesteven Sports

Stadium, Trent Road,

Grantham

NG31 7XQ

£18 UKA affiliated - £20 non-affiliated

Tony Madge- Race Director

3 Regency Gardens Grantham

NG31 9JW

07725 338131

acmadge@aol.com

www.granthamac.com/nf

■ 13.1miles

London

15 March 2015

Breakfast Run on Clapham Common

Clapham Common, London

SW4 0AY

£10 for the 5k, £13 for the 10k and £15

for the 15k

Starfish Greathearts Foundation

020 7597 3797

ukinfo@starfishcharity.org

http://www.starfishcharity.org/get-

involved-uk

■ 5km

London

15 March 2015

Lidl Kingston Breakfast Run

Guildhall, High Street, Kingston-upon-

Thames, Surrey

KT1 1EU

£26 / £29

Human Race Events

running@humanrace.co.uk

http://humanrace.co.uk/events/

running/breakfast-run

■ 8.2miles

South East

15 March 2015

Cholsey Chase

Cholsey Pavillion,

Station Road,

Cholsey

OX10 9PT

£16

Barnes Fitness

0118 988 2444

info@barnesfitness.co.uk

http://www.barnesfitness.co.uk/event/

cholsey-chase

■ 9miles

South East

15 March 2015

Sevenoaks Rotary 10k

Knole Park

TN13 1LW

£12 affiliate/£14 standard/£17 on the day

Bryan Partridge

Meadow Croft, Kemsing Road

Wrotham Kent

TN15 7BP

sevenoaks.rotary@gmail.com

http://www.sevenoaksrotary10k.co.uk

■ 10km

South East

15 March 2015

Vitality North London Half Marathon

Allianz Park, NW London NW4

£40 / £42

Achieve Events (UK) Limited (Trading as G02)

1 Palace Yard Mews, Bath. BA1 2NH BA1

2NH Bath Avon BA1 2NH

0845 308 4002

northlondon@go2events.org.uk

http://northlondonhalf.com/

■ 13.1miles

South West

15 March 2015

Dymchurch 10km (Kent)

Rendezvous Point (opposite Retro

Coffee Bar), The Slipway, Dymchurch,

Kent TN290TG

£11

MCC Promotions

mark.caswell1@btinternet.com

http://www.mccpromotions10kseries.

com/dymchurch-kent-10km.php

■ 10km

Yorkshire and Humberside

15 March 2015

Keighley BigK 10K

Victoria Park BD21 3ND

£12 Adult, £6 Junior, £50 group of 5

Andrew Wod

01535 640430

andrew.wood@sueryder.org

www.bigk10k.org.uk

■ 10km

Yorkshire and Humberside

15 March 2015

Keighley BiK 10K

Victoria Park

BD21 3ND

£12 Adult (£15 On the day) £6 Junior, £50

Team of 5

Andrew Wood

01535 640176

andrew.wood@sueryder.org

www.bigk10k.org.uk

■ 10km

Yorkshire and Humberside

15 March 2015

Sheffield Varsity 10k

The Arts Tower, University of Sheffield

S10 2TN

16.50/18.50

races@fairplayevents.co.uk

www.fairplayevents.co.uk

■ 10km

London

21 March 2015

The Richmond Spring Riverside 10k

Run 2015

Richmond, Ham Street Riverside

TW10 7RS

£20

The Fix Events

The Fix UK, Suite 2, 31 Ashley Road, Epsom,

Surrey KT18 5BD

020 8144 0797

info@thefixuk.com

http://www.thefixevents.com

■ 10km

South East

21 March 2015

CTS Sussex 10K, Half Marathon,

Marathon, Ultra

Birling Gap, East Dean

£30-£60

Freya

01548 312314

support@endurancelife.com

www.endurancelife.com

■

South West

21 March 2015

RockSolidRace Escot Park|Devon

Escot Park

EX11 1LU

£40

Ashley Jardine

07540 387074

info@rocksolidrace.com

www.rocksolidrace.com

■ 5km

East Midlands

22 March 2015

City of Lincoln 10K

City of Lincoln

£25

0113 8267761

info@runforall.com

www.runforall.com

■ 10km

Eastern

22 March 2015

Stowmarket Half Marathon

Tomlinson Groundcare

IP14 3DL

Aff £10.00 - UnAff - £14.00 (+£2.00 on

the day)

Heidi Bingham

07894 551670

racedirector@stowmarketstriders.

org.uk

www.stowmarketstriders.org.uk

■ 13.1miles

London

22 March 2015

Age UK Crystal Palace 10k

Crystal Palace Stadium

SE25 6PU

£18 (£16 UKA)

Fiona Jerman

0800 169 8787

10k@ageuk.org.uk

www.ageuk.org.uk/10k

■ 10km

South East

22 March 2015

Brooks Fleet pre-London Half Marathon

Calthorpe Park

GU51 4HR

£21 affiliated/£23 unaffiliated

Fleet and Crookham AC

racedirector@fleethalfmarathon.com

www.fleethalfmarathon.com

■ 13.1miles

South East

22 March 2015

Salamon Citytrail Richmond 10k

Richmond, London

£22 (Un Affiliated) £20 (Affiliated)

Perseverance Events

07885 733256

Richard@perseverance-events.com

www.richmondhalf.com

■ 10km

South East

22 March 2015

Salomon Citytrail Richmond Half

Marathon

Richmond, London

£32 (Un Affiliated) £30 (Affiliated)

Perseverance Events

07885 733256

Richard@perseverance-events.com

www.richmondhalf.com

■ 13.1miles

South West

22 March 2015

1.5km Wiltshire Scramble

Spirthill

SN11 9HW

£5

Luke Shipway

07595 449480

luke@eventslogicuk.com

http://www.eventslogicuk.com/

■ 1.5km

South West

22 March 2015

12 Mile Wiltshire Scramble

Spirthill

SN11 9HW

£13.00/£15.00

Luke Shipway

07595 449480

luke@eventslogicuk.com

http://www.eventslogicuk.com/

■ 12miles

South West

22 March 2015

13km Wiltshire Scramble

Spirthill

SN11 9HW

£11.00/£13.00

Luke Shipway

07595 449480

luke@eventslogicuk.com

http://www.eventslogicuk.com/

■ 13km

South West

22 March 2015

6.5km Wiltshire Scramble

Spirthill

SN11 9HW

£9.00/£11.00

Luke Shipway

07595 449480

luke@eventslogicuk.com

http://www.eventslogicuk.com/

■ 6.5km

South West

22 March 2015

Weymouth Bay 10km

Riveria Hotel, Bowleaze Cove,

Weymouth, Dorset

DT3 6PR

MCC Promotions

mark.caswell1@btinternet.com

http://www.mccpromotions10kseries.

com/weymouth-10km.php

■ 10km

London

27 March 2015

Brooks, Serpentine Last Friday of the

Month 5k

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Home brew

Running fitness columnist John Brewer's running exploits are not nearly as well known as those in sports science. We're hoping to change all that: this month, John looks at the differences that the changing seasons place on running

Most sports have clearly defined seasons. Take team sports such as football, hockey or rugby for example; there is a competitive season with regular fixtures, a close season of rest and recuperation, followed by a pre-season of conditioning and training before the whole cycle starts again. However, running – particularly at the non-elite level – tends to be different, since it is possible to race and train throughout the entire year. Just have a look at the numerous races featured on the *Running fitness* race diary pages close to this article; any runner who enjoys racing can, if they so desire, race throughout the year. Whilst there may be some seasonality in the type of race – marathons featuring more frequently in the spring and autumn, 10ks in the summer – it is possible to race over most distances on any month of the year. Of course, track athletes do have a more clearly defined summer season, but unlike many other sports, there is still an opportunity for competition on the road and country once track racing has come to an end.

What does differ of course is the environment in which races take place. Whilst there may not be clearly defined racing seasons for most runners, our running experience is defined by the seasons that our climate creates. As the hours of daylight start to increase, and we slowly emerge from the seemingly endless gloom of winter, spring conditions and warmer temperatures offer



ABOUT THE AUTHOR
Professor of Applied Sport Science at St Mary's University, Twickenham. He was previously director of communications for Lucozade Sport and before that director of the Lilleshall Sports Injury and Human Performance Centre

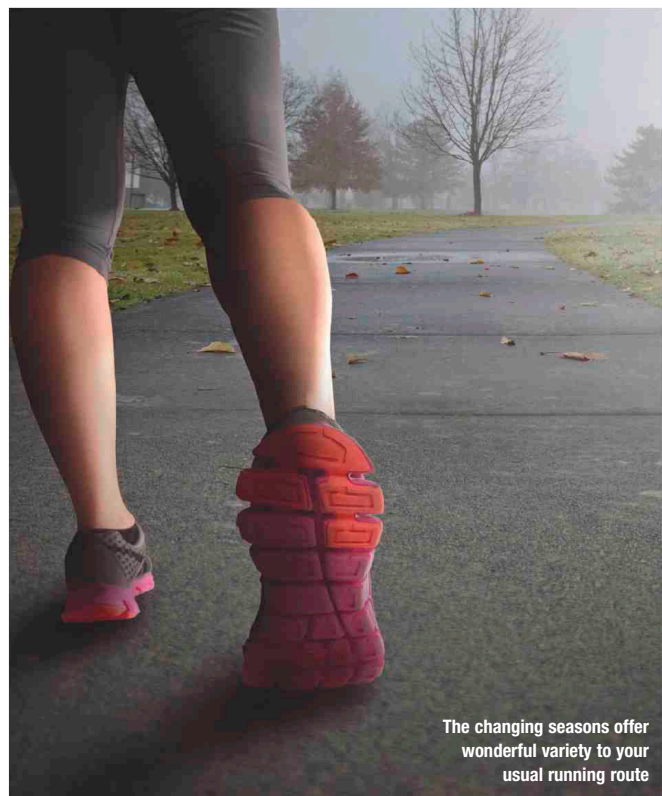
a different – and for many a far more enjoyable – running experience. That's not to say that winter does not bring its own pleasures. Personally, I like nothing more than a cold crisp morning running over frosty ground in our local Chiltern Hills, and a light dusting of snow makes things even better. As all runners will know, the same run can vary enormously with the seasons. A heavy legged plod through thick mud is a very different experience to the more responsive feel of the same ground when hard baked by the summer sun. Whilst I love the increased daylight and – hopefully – warmth of the summer, I do struggle to run well when conditions are very hot. As a sports scientist, I am conscious of the increased thermal stress placed on

the body when running in warm conditions, so tend to avoid the heat of the middle of the day, and run later in the afternoon or evening.

For those who suggest that running can be boring, think how

A heavy legged plod through mud is a very different to the more responsive feel of the same ground when hard baked by the summer sun

much more truth there would be to that argument, were it not for the varying environment created by the British seasonal weather. Covering the same ground in similar conditions day after day and week after week would offer little variation. Yet taking the same route through the leaves and mud of autumn is a very different experience to the frost or heat of winter and summer. We are very lucky that running enables us to enjoy the best (and worst) that all four seasons have to offer, and as we enter the warmer months of spring, with summer not too far away, it is worth reflecting on the different running experiences that we can enjoy as the seasons unfold. ●



The changing seasons offer wonderful variety to your usual running route



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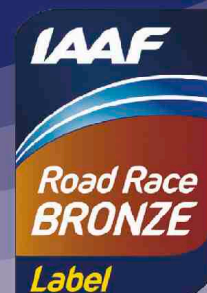
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